

HUMAN CULTURE & CURE

IN FIVE PARTS

BY

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FOREWORD

Being a staunch believer in the efficacy of Nature Cure and its superiority over all other therapeutic systems, in which crude doses of poisons and minerals are administered into our bodies; I was in search of a system of cure which, besides being the cheapest and capable of eradicating the cause of the disease, should be effective and enduring in its results.

As early as 1920, I happened to meet Dr. B. S. Gopalarao, N. D., the famous research worker in dietetics, who was then one of the few pioneer chromopaths in our country. Later, I was presented with a copy of Pundit Jwala Prasad Jha's pamphlet on Chromopathy. Therein I found the principle underlying the use of colour charged water and light for the cure of human ailments. No sooner had I read the first few lines of the brochure than I was tempted to translate the same for the benefit of the Telugu knowing public. It is now running the third edition.

Afterwards, Mr. V. Chinnaiah Rao, B. A., B. L., of Masulipatam kindly lent me Dr. Babbitt's Human Culture and Cure, in the year 1924. Acquainted as I am with the miraculous cures effected by me, through the application of colour light and colour charged water, I ardently desired to own Dr. Babbitt's works and enquired in America and England, if I could get copies of 'Human Culture and Cure' and 'Principles of Light and Colour'. No definite replies were received. Even those who responded could not furnish me with the whereabouts of the author or the place from which his works could be procured.

Even Dr C. J. Colwille who wrote a book on Dr. Babbitt's Chromopathy mentioned in his book, that it was hard to secure even second hand copies of the famous Doctor's works.

Then I translated a portion of 'Principles of Light and Colour' which deals with 'Chromo Therapeutics', into my mother tongue, along with Dr. Babbitt's 'Health and Power'. The two books are now available in Telugu.

I was not satisfied with translating the above works and so, I undertook to render into Telugu the three parts of 'Human Culture and Cure', which deal mainly with the therapeutic side of his works, i. e., the first, fourth and fifth. The book is now available for the Telugu knowing public.

On account of my great interest in his works and the interest which, some of my friends also have shown in the science, we took it into our heads to reprint and publish Dr. Babbitt's 'Human Culture and Cure' as the other monumental work 'Principles of Light and Colour' had already been published by some gentleman in America and as the same is now available for sale in the Theosophical Publishing House, Adyar, Madras.

An association by the name of 'The Chromopathic Institute, Bez-wada' has since been registered by us, and it has taken upon itself the duty of printing and publishing this unique scientific work of Dr. Babbitt for the benefit of ailing humanity.

Our thanks are due to Dr. Iyyanki Venkata Ramanayya, N.D., F.T.S. Bez-wada, Mr. D. Veerabhadrayya of Rajahmundry, and Mr.V. Chinnayya Rao of Masulipatam for giving us original and manuscript copies of the work. We are highly indebted for their valuable help rendered to us in enabling us to bring out this mighty work.

My thanks are specially due to Dr. Iyyanki Venkata Ramanayya N. D., F. T. S. for his zeal in taking the troublesome task of presenting me with well typed manuscript copies of the first two parts of this work, with all the pictures in it well drawn.

But for that help I could not have translated the work into Telugu.

It was Dr. Babbitt that first discovered the exact shape and working of an atom while in motion. Dr. Leadbeater not only admitted this but applauded Dr. Babbitt as it was much later that Theosophists could graph out the shape of an atom through clairvoyance.

Dr. Annie Besant had taken the delightful task of introducing Dr. Babbitt's books and appliances on Chromopathy into India.

Now the scientific world is awake to the details of the working not only of atoms, but also of electrons. But what strikes us is the genius of the doctor, who could discover the details of the working of the atom as early as nineties of the nineteenth century, even though the highly advanced instruments of research now available, were then scarce.

What Dr. Babbitt wrote about the atom long ago, applies to the electron since discovered.

If you go through the whole work, you can easily understand that he took every care to clear the minutest point; and even a lay man can grasp his theories, as the work is free from all avoidable technicalities.

The first part deals with the philosophy of cure. The first six chapters of this part are the most important of the work, as, in it are recorded the basic theories, which help us a great deal in the study of the whole work.

Quite a large number of customs followed by us, Indians, find explanations in Dr. Babbitt's works, viz.

1. In saluting, we combine both hands.
2. The youngsters and the less learned bow their heads on and touch, with their hands, the feet of the elders or Gurus (more learned than they) in showing their reverence to them.
3. The Guru in his turn places his right hand on the head of his disciple and blesses him.
4. When a person is suffering from herpes or diphtheria the *Mantrika* (he that is well versed in the art of healing with psychological or spiritual forces) holds some roots of grass in his hand and waving the ends of the grass, spells his *Mantra*.
5. On auspicious occasions such as marriages, green mango leaves are tied topsy turvey to the doorways and in the house. The feet of the ladies who do not apply cold water every day to their heads are besmeared with pulverised turmeric paste.

Whoever reads the second, ninth and nineteenth chapters of Part I of the work, can find scientific explanations for all these apparently rude customs of the Hindus.

The second part deals with Sexuology and Sociology. As early as 1890 he could anticipate the necessity of the destruction of the imperial systems of Governments. All those who read paragraphs 65, 66 on pages 236 and 237 of this work, are sure to be convinced of the necessity of a new order of things in social and political fields. For fear of repetition I am not quoting the same here.

Dr. Marie Carmical Stopes, one of the greatest of the present writers on sexuology is still suspicious of the interchange of human electricities in the presence of opposite sexes. Hindus of old, could, by intuition, know these things and they through the *grihyasutra*, say, *uttaro varaha*,

which orders to bring the bride to the right side of the bridegroom on the wedding seat.

The third part deals with the Phrenology and Physiognomy, wherein the doctor gives the details of these sciences, and explains why a particular depression at a certain place was responsible for a certain quality in the possessor of that depression.

You will be highly amazed at the details mentioned about Psychology and Psychometry, Psychoma and Psychotherapy. In spite of the advanced upto-date developments in scientific knowledge aided by highly refined instruments, the medical world is still groping in darkness, in the realm of the diagnosis of diseases. Lord Brabourne's succumbing to tuberculosis, six months after he was declared free from the same disease in one of the metropolitan hospitals, where the most up to date instruments including X-Ray, are all available, clearly shows the utter helplessness of the Allopathic profession in the art of diagnosis. Lord Brabourne was Governor of Bengal in 1938. If all the doctors of medicine try to acquire the power of diagnosing diseases through clairvoyance, much of the havoc done through wrong diagnosis will be avoided. In this connection, you will find it interesting to read paragraph 8 on page 401.

A close study of the para 21 on page 385 of this work will reveal the importance and the necessity of employing *Staturolism* in the art of healing, at least as a supplement to the present day methods applied in curing diseases.

The whole is a mental treat with a decisive practical utility.

The fourth part deals with the Nervous system and its physiological and pathological conditions. The present day treatment of criminals, convicts, idiots, people suffering from insanity, hysteria, epilepsy, paralysis and senility is simply barbarous and based on ignorance of the real working of nervous and psychic forces; and needs modification along the lines proposed by the able doctor. The thrashing and subduing of insane people in the asylums needs a thorough reform.

The fifth part exclusively deals with the physiological working of all the organs of the body. No work on Physiology has ever attempted to explain the involuntary working of certain organs. For the first time, in the history of science, not only the physical side but also the chemical and psychological working of different organs, are explained in Dr. Babbitt's works. The appendicula vermiciformis is treated by almost

all the physiologists as a useless organ fit to bring on that terrible disease called, Appendicitis.

Even the biggest works (Encyclopedeas in the English Language) tell us that it is a useless organ, a relic of the primitive man's internal organs, now almost useless except for causing that malignant disease referred to above. It is Dr. Babbitt who tells us that there is a red fluid in the appendicula vermiformis which is very helpful in sending up unwanted faecal matter through the ascending colon.

He explains the why of the enlargement of the spleen in almost all intermittent fevers. If you read the work, you will come across explanations for one thousand and one aspects of physical and metaphysical causes of the working of the wonderful things in the universe around us. They were left out, up to the time of Dr. Babbitt, as un-understandable and inexplicable.

So, I do not propose to stand between the reader and the feast the pages that follow, provide. Before I conclude, I am tempted to narrate a few cases from my own experience, which will not fail to interest you.

(1) It was in the month of May. After a hot summer day, a patient, emaciated with fever and cough for a number of months, was brought to me. He was so poor that he could not afford to secure any orthodox medical aid. I could not prescribe for him any costly applications of the Nature Cure system. He was administered nothing but ceruleo (blue water) for 2 months, 4 doses of $\frac{1}{2}$ oz. each day. His fever went down and cough began to subside. Finally, after 2 months he had no traces of the pulmonary affection. It is five years since he had this lung trouble cured and he is quite healthy now without a relapse.

(2) A girl of about 15 was suffering from fever for 2 or 3 months when she was suddenly declared to be affected with tuberculosis of the lungs. She was ordered to be sent to one of the biggest sanitariums in our country. Her brother came to me and sought my advice. She was kept on sweet oranges and was administered blue thermolume baths. In a month, the temperature came down to normal; the cough also disappeared. By continuing Kuhne's baths and colour treatment 3 or 4 months more, she regained not only her normal health but improved considerably in strength and endurance.

(3) A man of a very robust constitution had an attack of insanity. He was put in chains for fear he might prove dangerous to his friends

and relatives. I placed him in the blue thermolune for a week, (45 minutes every day) and he was allowed only oranges for the first 3 or 4 days. Then he was given raw diet for another four days. He was miraculously cured of his disease in a short space of 8 days. It is now 4 years since he was relieved of this trouble and there is no recurrence of the disease.

I have successfully used this system on a number of very hard cases all these 20 years.

Let me tell the readers of this classic work, that many an author has attempted exhaustive works on the subject, but it is only Dr. Babbitt's works which go to the root of the matters and it is this that induced our Institute to reprint this priceless book, and place it before the public in the hope that this new system of combating disease shall be followed by our discriminating friends, as it is not only the cheapest but the most efficacious of all systems that are claimed to alleviate human suffering.

The Chromopathic Institute, }
Bezawada.

P. VENKATRAMAYYA, N. D., D. M., F. T. S.,
President.

CONTENTS

HUMAN CULTURE AND CURE

PART I

THE PHILOSOPHY OF CURE INCLUDING METHODS AND INSTRUMENTS

I. The Philosophy of Force	1
All force is dual	1
Invisible forces	1
Supposed imponderable forces	1
The term force	2
Etherial forces	2
The duality of force	3
Spirit and matter	4
II. Two great Divisions of Force	4
Heat	4
Cold or electricity	5
Magnetism	6
Terrestrial electricities	7
Frictional electricity	8
Thermal and electrical substances	8
III. Chemical Affinity	9
Definition	9
Examples	10
Opinions	10
Atoms not chemically combined	10
Grand result of chemical Affinity	11
The development of heat and cold through chemical affinity	11
Physiological, Psychological and mental forces	14

IV. Chemical repulsion.	15
Definition	15
Illustration	15
Examples	15
Nature of repulsion	15
Chemical repulsion in human life	16
V. The Law of Harmony	17
Manifestation of this Law in nature	17
The golden medium	17
Health	17
The cause of disease	17
Theories of Disease	18
Pain	18
Germs, parasites etc, as generators of disease	18
Poisons	20
Antedotes	20
Unbalanced conditions	21
IV. Law of Power	21
Illustration of the swiftness and penetrating power of the fine forces	21
(i) Nervous and spiritual energies, best regulated by refined elements	22
(ii) Psycho magnetism	22
(iii) Chromopathy	22
(iv) Psycho-hygenic treatment	22
(v) Cure by refined elements enduring-Vital magnetism, Chromopathy	23
(vi) Fine forces swifter than crude elements	23
(vii) Refined forces more pleasant than crude ones	24
VII. Relation of Psychological forces	25
Illustrations	25
Mental forces	25
Resolute will power highly effective	25
Progressive law of force	26
Psychology	26
Dangers of Psychology	26
Self-Psychology	27
VIII. Diseases that come from excess of thermism	27
Enumeration of the diseases	27
Remedies for nervousness	28

Inflamations	28
Cure for Inflamations due to excess of Arterial blood	28
Cure for yellow conditions	29
Fevers	30
Law of periodicity in intermitent fevers	30
IX. Diseases that come from excess of Electrical Elements	30
Excess of Nervous Electricities, where prevalent	30
Excess of Vascular and other Electricities	31
Treatment of Paralyzed Nerves	31
Treatment of Cold chronic condition	32
X. The numerous magnets of the Human Body: Galvanic	
Batteries and Electrical Combinations	33
Human Magnets	33
Galvanic Batteries and Polarised centers of the human system	33
Part played by the Chemical Combinations	34
The Philosophy of sensation-- (i) to produce conscious sensation	35
Function of the special senses of sight, hearing, taste etc.,	36
The failure of the Physiological scientists to understand the law of the more refined grade of Chemistry	38
XI. The Different Temperaments	39
The mental temperament	39
The vital temperament	41
The Muscular temperament.	43
The Nutrient temperament	44
The Bone building temperament	46
Perfection of temperament	47
XII. Chromopathy or Healing by Light and Colour	47
The Nature of Light	48
The Electrical or cold colours	48
The Red, Yellow and Blue colours	48
Chemical Affinity and Repulsion in colours	49
Drugs and Chemicals	49
Summing up of Colour power in healing	50
Power of Sunlight to give strength	51
Power of Sun light to develop Beauty	55
Power of Sunlight to Heal Disease	56
Power of Sunlight to Rouse mental forces	58
Terrible results of lack of Sunlight	58

How much Sun-shine is necessary for the greatest power	60
Summing up of points	62
XIII. Medicating by Light	64
A Celestial Materia Medica	64
Solar rays as substances	65
Effect of Substances charged by full white light	65
Conveyance of Colour forces	65
To charge Water	65
To Charge sugar pellets	66
A simple Materia Medica	66
Nomen-clature	66
Doses	67
Power of the charged substances	67
Healing power of Ambero	67
Purpuro	67
Rubio	68
Artificial Light, its use in medication	68
Use of terms	68
Gases, Method of Charging	68
Chromo-Homeopathy	68
XIV. Healing instruments or Patho Mechanism	68
A Chromo disc	69
The Chromo lens	69
Thermolume	71
Therapeutics	72
The physician's Thermolume	73
Artificial heat	73
Explanation of the grand Thermolume	74
The Reclining Thermolume	74
The Electro Thermolume	75
XV. Encouraging Features with reference to the New method of cure	75
Opinions	76
Progress of the work	77
Educational Features	77
XVI. Solar Architecture	78
Need for windows	78
Solar story	78
The roof Balustrade	78
Plans of buildings suited to various purposes	78

	The sun garden	79
	Public sun bathing establishments	83
	Electric light baths	85
XVII.	Color, the measure of force	85
	Its universality	85
	Atomic and chemical forces	85
XVIII.	Magnetic Massage	86
	Definition	86
	The process	86
	European Psychology	88
	Magnetic Massage	89
	Proof of Vital magnetic radiation	90
	The magnetic character of the vital ethers	90
	Nomenclature	91
	Unscientific methods	91
	False Theorists	92
	Vital magnetism	92
	Faith or imagination	92
	The position of the patient	93
	Clothing	93
	Who should treat	93
	Portions of the body to be treated	94
	Where to commence	94
	To quiet excitable nerves	95
	Arousing cold blood and dormant chronic conditions	95
	To tone up and strengthen muscles	95
	For varicose veins and bruises. For hot or inflamed portions of the body	95
	For feverish conditions	95
	For hot and cold conditions	96
	To animate the stomach and general nutrient system	96
	To cure constipation	96
	For unbalanced conditions	96
	Method of treating aged people	96
	Precautions during treatment	96
XIX.	Galvanic and Faradic Electricity	97
	Electricity	97
	Development of electricity through chemical action	97
	Definition of positive and negative forces	98
	Nature of the two electrodes	98
	Movement of electricity in both directions	99

Galvanism	99
Faradism	99
Static Electricity	100
The finer nature of electricity	100
Electricity and sunlight compared	100
Brief rules in electro-therapeutics	101
The polarity of the human body	101
XX. The main cure and statuvolence.	102
Nature of the human mind.	102
One sided theorists.	103
Mental control.	104
Mind healers.	104
The mass of mankind	104
Statuvolence.	104
Explanation.	105
How to develop statuvolence.	105
XXI Homeopathy.	107
A popular sophism.	107
The philosophy of trituration.	107
Dissimilars.	108
The correctness of the theory.	108
Is Homeopathy successful in healing disease.	109
Homeopathic remedies are not Poisonous.	110
Some mistakes of Homeopaths.	111
Application.	112
Office of a physician.	112
How to modify and potentize drugs.	112
Chromo-Homeopathy.	113
Perfected homeopathy.	115
XXII. Hydropathy.	115
Turkish baths	116
Russian bath	116
A wet compress	116
Fomentation	116
Pack	116
Use of very cold application	116
Chromo-Hydropathy	117
XXIII. The old school system Reviewed	117
XXIV. Miscellaneous Items	121
Terrapathy or the earth cure	121
Musical tones	121

Drug	121
Red Lamp shades	122
Blue spectacles	122
Electric light	122
Physicians	122
Swedish movement cure	122
The Physical culture	122
Nude sun bath	123
Slender people	123
People living in hot sunny climates	123
The paper for printing	123

PART II

MARRIAGE, SEXUAL DEVELOPMENT AND SOCIAL UPBUILDING

I. Marriage.	127
Introduction.	127
Is Marriage a Failure?	127
The difference between mating by God and that of by Man.	127
Legal bonds not to be tyrannical.	127
II. Distinguishing characters of sexes.	128
Distinctions in Form	128
Gradation in women	129
Contrast in Man	129
Sexes are the compliments of each other	129
Feminity does not mean weakness	130
The mental and spiritual qualities	130
Summary	131
Contests for females	132
To gain the admiration of female	132
Weight of males and females	132
An instinct of man	132
Male and female brains	132
Which sex is superior	133
The study of two sides of Humanity	133
Male and female prerogatives	133
False ideals for women	134
Beauty of the sex differs in birds and man	134

II. Freedom in Women's Development.	135
All Natural and Beautiful Growth requires freedom	135
Suppression of woman's Liberty	135
Beauty, How to develop	135
The Czarina of Alexander II	136
Woman in America	137
Parents should guide their Daughters	137
Woman is impulsive	138
Feminine rights in married life	138
IV. Magnetic conditions of sex	138
The Vital Magnetic curves	"
The special Magnetic currents of the two sexes	139
The sexes are intended for each other	"
Is this liberty of sexes dangerous	140
A high school	141
Monasticism	142
Nature's Methods	143
V. Dress for the Sexes	143
Dress should not depart widely from Human form itself.	144
Chignons	145
The Bloomer Dress	"
Requirements of perfect Dress	"
Garters or other ligatures	"
The lower limbs of woman and their care	146
Too much Dress	"
Color in clothing	"
Blue or Blue-Grey	147
Yellow	"
The dyeing of Hair	"
Fading of the bosom	"
Unnatural shoes	148
Corsets	"
Dress of women	"
VI Purity and self-control.	148
Sexual weakness is not purity	"
Uncontrolled Amativeness is disastrous	"
Diseased Amativeness	149
A morbid curiosity and Impure imagination	"
Impure Actions and low lived Representation.	151

Spartan Methods	151
Advice to men	152
Advice to women	"
VII. Temparaments and choice of a Partner	153
Stirpiculture	153
The Central Principle or Temperamental Harmony is Contrast	153
The Various classes of temparaments	154
Modifying forces	155
Mental and spiritual conditions	155
The woman's choice	156
The man's choice	156
Before marriage to be thought of	157
The age at which to marry	157
VIII. Connubial Privileges and Rights	157
The Motive of Marriage	157
The Pleasure of the Conubial Embrace	157
Divorce	158
The advantages of Marriage	159
The Marriage Vow	160
IX. The Development of a Noble Progeny	161
General requirements for a true Stirpiculture	161
Before conception	161
At conception	161
During gestation	161
Disastrous antenatal conditions	163
Mother should not be unduly anxious	164
X. Parturition	164
The suffering in Child birth	164
Exposure to Nature's forces	164
Vital Magnetic Influence	164
Philosophy of the Beneficent action of sun-light and Magnetic Massage	165
Hot Hip Baths	165
XI. Is Sexual use for propagation only	165
What is the supreme truth and utility	165
Propagation	165
Statistics	165
Magnetic Interchange	166
Excessive copulation. An example	166

	A remedy for sexual waste	166
	The ordinary wasting conditions	167
XII.	Prevention of conception	167
	Abortion. A monstrous crime	167
	Legal enactments	167
	Preventives	168
	The world will not be de-populated theory	169
XIII.	The Philosophy of Life	169
	Monads	169
	The first steps	169
	Explanation of terms etc.,	170
	The mystery of life	171
	The head of foetus	172
	Whence comes immortal spirit	172
	Why are not human beings caudated	173
	Progressive development	173
XIV.	How to control Sex	173
	Writers on the subject	173
	The direction of ovarian magnetic currents	174
	Experiments with dogs	175
	Experiments with ovary removed	176
	Dr. Trall's testimony	176
	Dr. Priestly's experience	176
	Exceptions to this law	176
	The decisive factor in the sex of the off-spring	177
	Influence of prosperity	177
	Why is it more difficult to rear male than female children	177
	In the better future	178
	An illustration of a woman	178
	All facts corroborate this electrical theory	178
	Still-born children	178
	Menstruation	178
XV.	The development and ennoblement of childhood.	179
	Some general hints for the moral development of childhood.	179
	Freedom	180
XVI.	Physical Culture of Childhood.	180
	Infant Mortality.	180
	Harshness of Medical treatment	180
	Children should generally sleep by themselves	180

Close wrapping of the body, a hindrance	180
Cretinism	181
A Gentleman in New York	181
The sun-garden	181
Nature's forces	182
Going barefooted	182
Vaccination	183
Treatment of small-pox	184
Inoculation for Hydrophobia	184
XVII. Diseases of Children	184
Remark	184
Suncharged water more effective than medicines	184
Newly born babies	185
Mental excitement	185
Infants	185
Colic	185
Summer complaint, spasms etc.	185
A tepid bath	185
Treatment for torpid liver and constipation	185
Cradle rocking	186
Croup	186
Diphtheria	186
Small-pox	186
Scarlet fever	186
Measles	186
Scrofula	187
Erysipelas	187
Eczema	187
Teeth	187
Inflamed eyes or ears and chapped hands	187
Diarrhea	187
Dysentery	187
Summer complaint	187
Curative treatment for the general system	187
XVIII. The Youth of both sexes.	188
Childhood and youth	188
College Life	188
Place of Latin & Greek	189
Exercise for girls	189
Puberty	189
The object of menstruation	190

The pain of menstruation	190
General treatment	191
Exercise	192
Forcing processes for menses	192
Vaginal enemas	193
The change in woman's Life when menstruation ceases	194
XIX. How to Lay out a City	194
The naming of the streets of a city	194
Washington	195
Philadelphia	195
The defect of the old towns	196
Avenues	196
Roads	197
Diagonal streets	197
The method of commencing the streets of a city	197
The laying down of the avenues	197
The numbering of the houses	198
Explanation of the model city	198
The streets self measuring	200
Parkules and circles	200
Objections	201
Circles, their location	202
XX. Social Upbuilding Including the great Co-operative movements and the aggrandizement of Humanity	205
Introduction	205
Social upbuilding	205
Correct social system	205
Author's views of the status of Humanity	206
Facts of Human society, as it is	207
Victor Hugo's address to rich	209
Vices of humanity	210
The wise future	216
The author, no Pessimist	216
State of things in China	217
Payment of taxes	218
The leading nations of the land on the pathway to ruin	219
Kindness & encouragement	219
Way to deal with disorder	220
The causes underlying these terrible social conditions	222
Social question	223

Nature of inheritance of characters by the off-spring	223
Artificial titles	223
The structure of the present society	224
Etiquette where needed	228
Murders	228
The law of Promogeniture	229
Prosperity of a nation depends upon the welfare of the Proletariat	229
Democracy, how it can be achieved	229
Nursery, a remarkable institution for educating the infants	231
A new Familistere constructed	231
The true method of civil as well as social government shown by the immortal Godin	231
Equitable distribution	234
Burgois addressed	236
A true social system explained	236
The value & usefulness of Co-operative societies	237
Examples of some illustrious Co-operative societies	237
Co-operation in production and in homes	239
Practical ideals of Mr. Owen	240
Opinions of leading men	243
Gambling	245
All the great machinery of Transportation and of Telegraphic and Telephonic communications	246
Rail Roads	248
Intemperance	250
The wealthy should encourage	251
Labour saving machinery	252
Inventions	253
Satesmanship	254
The gentleness of Indians	255
Strikes & boycotts	256
Anarchy	260
Socialism	260
Newzeland	263
The pleasantness of labour	263
The Malthusian doctrine	264
Difference between theory and fact	265
A Palais De Ville	266
Miscellaneous points	268
Money	268

A fearful responsibility	269
The Nationalists	269
How Millionaires bless the people	270
A true marriage	271

PART III. MENTAL AND PSYCHOLOGICAL FORCES

Chapter I. Philosophy in its Past Developments	275
Science, its domain	275
True Philosophy	275
Science is lagging behind owing to the exclusion of true philosophy	275
Imperfections of the systems of Philosophy of Antiquity.	275
The Veneration for the Ancients	276
Empiricism and Dogmatism	278
Idealism	279
Names of some German Idealists	281
Hindu Philosophy	282
Christian Science	283
A broader science of Life and of Human Upbuilding	285
Phrenology	285
Auguste Comte	285
II. The Chemistry of Mental action	287
How does mental action arise	287
The great barrier to all true philosophy	287
Force	287
The universe has an absolute unity	287
The Fine Forces	287
The Constituents of the world of matter	287
Spirit	288
Atoms	288
The General form of the Atom	289
The more complete form of an Atom	289
The color scale	291
Atomic channels	291
Chemical affinity	292
Polarization	292
Magnetism	293
Various scientific minds	293
Ideas	294

Perception	294
The sensorium	294
Consciousness	295
Central region of consciousness	295
Brain formations	296
The motor tracts	299
Courses of the Motor current	299
The cells of the brain	299
Volition and Mental action explained	300
The chemistry of Mind	302
Swift sleeping	305
The Psychic Realm	305
Influence of mind on the body	305
III. Phreno - Physiognomy	306
The science of mind - its domain	306
Phrenology	306
Critics	306
Largeness of Brain	308
Physiognomists	309
Prof. Anne Oppenheim, B. P. A.,	310
The defects of Phrenologists	310
Physiologists	311
The physiology of Phrenology	312
Phrenology, worthy of the attention	314
A synopsis of phrenological organs	315
Dr. Buchanan's theories	318
The centre of mentality	319
Hints in Phreno-physiognomy	322
Prominence of the front part of brain	324
Forms of noses	325
The mouth and lower face	326
Illustrations and names of some kinds of noses, faces, brains etc.	327
The eyes	331
Retrospection	331
Improvement of the brain	333
Opinions	334
IV. Psychology	335
A definition	335
Herbert Spencer	335
The Psychic Body	339

Clairvoyance	341
The Mental system	341
The initiative of volition	342
Memory	343
Memory of sounds	344
Memory of forms, sizes, colours	345
The method of remembering Past	345
Memory in old age	346
Convictions of Materialistic writers of the day	347
Visions and sensorial impressions.	348
V Psychometry	350
Definition	350
The various aspects of psychometry	351
A Psychometric reading of General Washington	352
The external effects of drugs	352
Bismarck	353
Pompeii	353
Mining	355
The view of the Psychometers on earth	356
The earth's early condition	357
The people of the planet Mars	357
Homes in Mars	358
The grand traits of the Martians	358
Some phenomena of worlds	360
People living in various planets	361
Sky travelling	362
VI. Hypnotism or Psychoma	364
Definition	364
The Rationale	364
Frederic Anton Mesmer	364
Dr. James Braid	365
Method of inducing Hypnosis	366
Different stages of Hypnosis	369
The Lethargic stage	369
The Cataleptic stage	369
Violent exhibitions should be avoided	369
Hypnotic Phenomena	370
The materializing power of Mind	370
Hallucinations	372
Influence upon the Blood	372
Psychic Force rules in Hypnotism	372

Somnambulism or sleep-walking	374
Psychic or Hypnotic cures	374
Some admirable results of Hypnosis	374
Cure of bad habits	378
Bad or inherited conditions	379
Higher illumination	380
Help from higher Realms	381
The wonderful experiences of Bertalacci of France	382
Statuvolism or Artificial Somnambulism	385
Perception	386
Hearing	386
Clairvoyance	386
Power to throw special parts of the body into a Psychic condition	386
Psychozoism	386
The right to hypnotise	387
Dangers of Hyponotism	388
Remedy for the dangers of Hypnosis	390
Summing of items	390
VII. Clairvoyance	398
Its explanation	398
Opinions of materialistic scientists	399

PART IV

THE NERVOUS SYSTEM AND INSANITY

I. Plan of this work	407
II. The nervous system in its general character	408
Its nature	408
Is nerve force a fluid?	408
Importance of the Master Principle	408
Even servants can send a reactionary force against their masters	408
The composition of the nerves	409
Nerve trunk	409
III. The cerebro - Spinal system	409
The two great systems of nerves	409
The spinal cord	409
The different pairs of spinal nerves	410
The cerebro - spinal system	410
Three membranes that surround the brain	410
The realm of reddish gray matter	410

A magnified section of the spinal cord	411
The medulla oblongata	413
The brachial plexus	414
The lumbar plexus	414
The sacral plexus	415
Reflex action	415
Spinal Localisation	416
Localisation of the function of the segments of the spinal cord	417
IV. Cerebro-spinal system. (Continued) Cranial nerves	419
The twelve pairs of Cranial nerves	419
IV. A. The sympathetic Nerve system	420
The sympathetic nerve system	420
Four divisions	420
Communicating branches, its nerves	420
Peristaltic movements	420
Vaso, Motor nerves	420
Ganglion	420
The cerebro-spinal system	422
The ganglionic circuit	422
Spurzheim, and a nervous fluid	423
The two semilunar ganglia	424
The Hypogastric Plexus	424
IV. B., Miscellaneous Items	424
The Medulla Oblongata	424
The two kinds of Nerves	424
Motor Nerves	425
A Nerve-centre	425
V. Diseases of the Nervous system	425
Paralysis - Treatment	426
Cerebral, Hyperaemia	427
Meningitis	428
Thrombosis of the Cerebrum	428
Chorea or St. Vitus's Dance	428
Paralysis Agitans	428
Tremor	428
Spasms	429
Writer's cramp	429
Epilepsy	429
Facial Neuralgia	429

Sciatica	430
Myelitis	430
Trance	431
Neurasthenia or Nervous Exhaustion	431
Insomnia and general nervousness	432
Mental Forces	433
Aphasia	433
Aphonia or loss of Voice	434
Trismus or Lock-Jaw	434
Hydrophobia	434
Hysteria	435
VI. Insanity	436
General Divisions	436
Melancholia	436
Hypochondria	436
Mania	436
Hallucinations	437
Delusions	437
Obsession	437
VII. Some cures of Nervous Diseases. Etc.,	438
Insomnia, Nervine Effect of Blue and Violet	438
Insanity	438
Summer complaint and Paralysis	438
Facial Neuralgia	439
Neurasthenia	439
Paralysis, Left Hemiplegia	439
Right Hemiplegia	440
Lesion of Dorsal Vertebrae	441
Cure of paralysis by Electricity	441
VIII. Chromopathy in India	441
Chromopathic Facts in India	442
Treatment of Dogs and Hydrophobia	442
Bubo	443
Dysentery	443
Leprosy	443
Inflammation of Brain-Headache	443
IX. General Nervous and Psychological Items	444
Thoughts about the Fine Forces	444
The gift of prophecy	444
Prophecy of the death of Emperor Nicholas by a seer	444
Psychometric perception	444

The Nerves	445
Further Hypnotic Triumphs	445

PART V

THE BODILY ORGANS. THEIR DISEASES AND THE GREAT NATURAL METHODS FOR THEIR CURE

I. The Medical World and Educational Methods	481
The great achievements	451
The desideratum	451
Nobler science of cure	452
Physicians	453
An arrangement of Physicians	454
A debate	455
Vivisection	457
II The Heart	488
Our plan	458
The thorax	458
The pericardium	460
The chambers of the heart	460
The vital electricities	461
The philosophy of pulsation	461
Medical opinions	462
Why are electrical inhalations poison	462
Ventilation	463
The philosophy of fever and the Liver Sugar	463
Size of the heart	464
Diseases of the Heart	464
General treatment	465
III The lungs and other respiratory organs	466
Names of organs	466
The vocal apparatus	466
Sore throat	467
Croup	467
Diphtheria	467
The trachea and bronchial tubes	469
Acute Bronchitis	470
Capillary Bronchitis or 'Suffocative catarrh	471
Chronic Bronchitis or winter cough	471
Asthma, Nervous or Bronchial	471
Hay Fever or Hay Asthma	472

La Grippe, Influenza or Contagious catarrh	472
General Character of the Lungs	472
The philosophy of Respiration	473
The Pleura	474
Pleurisy or Pleuritis	474
Pneumonia or Pneumonitis	475
Pulmonary consumption or consumption or Phthisis	476
Treatment of Phthisis	476
Different kinds of Consumption	477
Solar Treatment of Consumption	478
The Diaphragm	479
Coughing, Hiccoughing and Sneezing	480
The prevention of Pulmonary Difficulties	480
IV. The Stomach and the Alimentary Channel	481
The Alimentary canal	481
The location of the Stomach	482
The Esophagus or Gullet	482
Character of the Stomach	483
Digestive Processes	483
Some facts concerning the Stomach	484
Moderate Drinking	485
The Small Intestines	485
The Larger Intestines	488
The Peristaltic Compressing movement	489
Is matter All in All ?	489
Chemism and God	489
V. Diseases of the stomach	490
The scope of this work	490
Gastric catarrh	490
Chronic gastritis	491
Cancer of the stomach	491
Gastric hemorrhage	492
Gastralgia or stomach colic, or neuralgia of the stomach	492
Dyspepsia	492
Frigotherapie	493
VI. Food	494
Food	494
Food as a force	494
Physiomentarism and drugs	494
Nature's Demands	494

Iced water	495
The Philosophy of hunger	495
Carbohydrates	496
Thermal foods	496
Nitrogenous food or albuminoids	496
Obesity	497
Leanness	497
Fruits and nuts	498
Fruits as food medicines	498
Extremists	499
Food and spirituality	499
A flesh diet	499
The most digestible meats	501
Coffee	501
Tea	501
Some more hints for cooking	501
VII. Intestinal Diseases	502
Intestinal Colic or <i>Enteralgia</i> or <i>Gripping pain near the umbilicus</i>	502
Constipation	502
Diarrhea	503
Inflammation of the Bowels or Catarrhal Enteritis	504
Cholera Infantum or Summer Complaint	504
Dysentery, or Colities or Bloody Flux	504
Intestinal obstruction	505
Appendicitis	506
VIII Diseases of the Liver and Spleen	507
Congested or Torpid Liver or Billiousness	507
The Gin Drinker's Liver or Sclerosis (Hardening) of the Liver	508
Intermittent Fever or Ague and Fever	508
Remittent, or Bilious, or marsh Fever	511
Typhoid Fever	511
IX. Further Abdominal Features, and Diseases	513
A General Review of Foregoing Illustrations	513
The Peritoneum	514
The Liver	514
The portal vein or Vena portae	514
Peritonitis or Inflammation of the peritoneum	515
Dropsy of the abdomen, Ascites or peritoneal dropsy	515
Jaundice or catarrh of the Bile Ducts	517
Gall stones or Biliary Calculi	517

X. The Kidneys and their Connecting organs	518
Object of the kidneys	518
A Brief Description	518
General plan of Renal Circulation	519
Bright's Disease or Nephritis	519
Renal Calculi	520
The Bladder and its Appurtenances	521
Cystitis or Catarrh of the Bladder	521
The prostate Gland and its purpose	522.
A lesson from Real Life	523
Diabetes Mellitus; Glycosuria, or Melituria	524
Diabetes insipidus or Polyuria	525
Uraemia or Uraemic poison	525
Hydrocele	525
The Abuse of surgery	526
What is the Rationale of this?	526
The Broad Thought	527
XI. Diseases of the Blood	531
Character of the blood	531
Temperature and pulse in Fevers	531
The Great upbuilding Forces for the blood	532
Leading Elements of the blood	533
The Redness of the Arterial Blood	533
The circulation of the Blood	536
Nervous Force	536
The Lymphatics	537
The Elimination of Impure Elements	537
Anemia	538
Chlorosis or Green Sickness	538
Lucemia	538
Profuse Bleeding at the nose	539
Scurvy or Scorbutus	539
XII. The skin and its diseases	539
Nature's system	539
Some features of the skin	540
An inactive skin	540
Seborrhea or dandruff	541
Baldness or alopecia	541
Black-heads or comedo	542
Wen or Seaceous Cyst	542
Wart or Verruca	542

Excessive Sweating or Hyperidrosis	542
Acne	542
Eczema or Salt Rheum or Tetter	543
Hives or nettle rash (Urticaria)	543
Fever sores or herpes	544
Water blister or pemphigus	544
Prickly heat or miliaria	544
Boil or Furuncle	544
Carbuncle or anthrax	544
Freckles or Lentigo	545
Corn or Clavus	545
Ringworm or Favus	545
Scabies or the itch	545
A Felon or Whitlow	546
Lupus	546
Eruptive diseases	547
XIII. Osteology or the department of Bones	547
The bones	547
The composition of bones	547
The Skeleton	547
Human Development	548
The sutures	549
Nutrient channels of bones	549
Earthly Immortality	550
Diseases of the Bones	551
XIV. The Muscular System	551
Muscle	551
Two kinds of Muscles	552
Explanation of Muscular Action	552
Muscular Fibres	553
Muscles of the Head and Neck	553
Muscles of the Back	554
Muscles of the Chest and Upper Arm	556
Extensor muscles of arm and leg	556
Muscles of the Front of the leg	558
Frontal Muscles of the Forearm	558
Nerves of the Front Arm	559
XV. How to reach Different Organs through the Nerves	560
Refined elements	560
What is Nerve Force ?	560
Scientific Direction of Nerve Force	560

Methods for Affecting the Brain and Facial Region	560
Nerves Reaching Different Parts of the Body	561
XVI. Some General Items and Remarks.	564
Nerves, Veins, Ganglia, and Plexuses	564
Somatic nerves	564
A Ganglion near its beginning, for each Artery as it Branches out from the Aorta	564
The Vaso-motor nerves	564
The Treatment of inflammations	565
The position of the Bed in sleeping	565
Retching and vomiting	565
Tobacco use	566
Gout	566
The principles of Chromopathy	566
Achievements of a Brahman	566
All India to adopt Chromopathy	567
The magic of ceruleo	567
Color Music	568
To Prevent or lessen pain	568
The verdict of France on Alcohol and Moderate Drinking	568
The power of suggestion and vital magnetism	569
Corsets	570
The light cure	570
Scientific Ignorance concerning electricity	571
Consumption and other Diseases	571
An instructive letter	572
The Solar Gymnasium	573
The voice of Scientists	576
The color of wall paper	577
The Falsehoods of some sensational papers	577

HUMAN CULTURE & CURE

IN FIVE PARTS

PART FIRST

The Philosophy of Cure

INCLUDING METHODS AND INSTRUMENTS

BY

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INTRODUCTION.

Medical *Science* not being a science, is it not high time that some one should put forth efforts to make it such? Millions are treading the discordant pathways of disease, vice and misery, in spite of all that colleges, pulpits and pill bags can do; shall we not look around then for some more fundamental methods of human upbuilding?

My discovery of the etherio-atomic law of force, as developed in my *Principles of Light and Color*, having opened up the basic principles of Chemistry and cleared up, to my mind, many dynamical, physiological and psychological mysteries, has led me to hope that I may, in this work, give at least the outlines of a therapeutical science, as a help to my medical co-workers and the suffering, dying multitudes who walk in darkness and sorrow. Three things, at least, seem to be greatly needed at the present time:—

1. A Science *of Cure* built on immutable principles, by means of which the chemical, mechanical and vital forces of the external world, may be applied to the chemical and vital conditions of the patient.

2. An Art *of Cure* which must include the machinery and appliances for healing disease, and the methods of using them. So deficient have we been in proper healing machinery, or, in other words, in what may be called *Patho-mechanism*, that I have spent several years in devising improved instruments for baths, apparatus for concentrating the sunlight, or distributing its colors to any diseased part of the body, methods of potentizing certain substances by means of the solar rays, etc.

3. *The use of elements so refined that they may penetrate to the innermost portions of the system*, including nerve force and even the mental and spiritual activities, for in this way alone can we attain to a powerful and permanent physical upbuilding of the whole being. Spiritual and physical potencies, to be effective, must ever work in correlation. The clergyman who should attempt to save men through spiritual forces only, or the physician who appeals to the material being only, is getting people to walk with one leg, and will fail. Chromopathy now rising like a new sun upon the world, the electricity of water, air, magnetic massage, and similar fine forces, owe their marvelous success to their nerve sustaining, mind upbuilding and blood enkindling power, and the development of these higher laws of dynamics together with various other natural and practical methods of cure, is an important object of this work. It is intended for both private individuals and physicians, for the former should not be so helpless and ignorant in

every little ailment, and should know better how to remain well when once in good condition, while the latter, armed with his superior experience, training and knowledge of disease and well developed magnetic force, must ever be an important helper and counselor in all severe diseases, especially in obstetrics, surgery, nervous exhaustion, etc.

One of my most cherished objects in this work is the development of a grander manhood, a more beautiful womanhood and a happier condition of humanity as a whole.

A small point may be referred to here : the author has aimed to have his compositors drop the diphthong *œ* in such words as homeopathic, diarrhea, amenorrhea, etc. We have got rid of the nuisance of writing *œra*, *œconomy*, etc., and it is high time we should do the same in the above named words, as well as in similar ones, especially as good sense and Webster are tolerant of such a practice. Our English cousins are prone, we think, to stick to the old, even when it costs time and trouble to do so, and sometimes they consider us Americans too fond of new things, but we have to answer that life is too short to be frittered away with useless motions. The truth is that in such words as *color*, *honor*, *labor*, etc., we are the ones that follow the old, using them as they come from the Latin, while the English use four useless strokes of the pen, by always writing them *colour*, *honour*, *labour* etc. Let us be progressing gradually toward the true phonotypic style, which shall so simplify language, and which the wiser future must so surely adopt.

Greatly loving simplicity of language, I have aimed to run light on technical terms, excepting, when something important is gained by their use, so that even the unlearned may, in most instances, grasp the lessons I have to teach. On the other hand I have tried to present those new truths and discoveries which shall interest the scientific. Immense volumes have been issued in explanation of medical terms, and it looks now as if it was going to take so much of one's lifetime to gain the mere husks of technicality that we shall not have much time left to gain the real kernel of knowledge. A fine flow of technical terms without noble ideas is much like a handsome purse which has no money in it.

HUMAN CULTURE AND CURE.

PART FIRST.

THE PHILOSOPHY OF CURE, INCLUDING METHODS AND INSTRUMENTS.

I. THE PHILOSOPHY OF FORCE.

All force is dual, including, on one side, a finer fluid-like movement of something against or through a coarser substance on the other side.

1. **Examples:** Water driving a wheel; air driving a windmill; steam or other gases propelling an engine; blood working in the processes of animal life, etc. The two divisions here are as follows:

Fluidic.

Water
Wind
Steam
Blood

Grosser Elements.

Wheel
Arms
Engine
Animal tissues

2. **Invisible Forces.** If all forces in the visible or known world include a fluid action, then, as the whole universe is in harmony with itself, the forces of the invisible world must include fluids also (see Principles of Light and Color, p. 3—11, 523), hence, in harmony with the absolute unity of things, the *finer forces* such as electricity, heat, light, color, nerve force, chemical force, psychic force, etc., must include real fluids, although these fluids work in connection with coarser atomic channels and according to some definite laws of motion.

3. **Supposed Imponderable Forces.** All forces in the realm of the known world include weight and motion, therefore all forces in that which is less known, such as electricity, heat, light, magnetism, chemical action, must have weight, and hence are not imponderable as scientists are fond of asserting. These scientists, contrary to the facts of the whole visible world, usually at present advocate the dynamic theory, which says that all these fine forces are not substances at all, but "mere modes of motion". But what causes these motions? Their theory is the same as saying that the force which moves the windmill has no weight at all; it comes from the motion of its arms. The wind that sweeps these arms is entirely

ignored. But it exists nevertheless, and is a ponderable entity. A scientist has lately caused a pair of delicate scales to tip by throwing a tide of light upon one end of them. By the aid of spectroscopy I have shown just what kind of materials the colored rays of light are composed of. In multitudes of cases I have bottled up the different colored rays of light as exquisite and most effective medicines. Following nature and experience, then, we may know that light, heat, electricity, nerve force, magnetism, etc., are actual *things* possessing weight, as well as *motions*, and are forces of the most amazing character, although our ordinary scales will not weigh them.

4. **The Term Force.** It is held by some that the term *force* should never be used except to designate the starting point of all impulse, the primal energy as it is traced back to a spiritual or Deific fountain-head. This is contrary to all established use of language, and is no more philosophical than it is to say that the word *love* should not be used excepting to signify the primal impulse of all love as it exists in God himself. We have liquid, gaseous, chemical, electrical, thermal, muscular and other forces, and then we have one of the underlying principles of all force, in spirit. Spirit and Matter working together may be called the *primates* of all force, and according to the law of the rest of the universe *must go forth in fluid-like style*.

5. **Ethereal Forces.** By years of experiment and investigation the author has ascertained that very subtle fluids, a grade finer than gases, which may properly be termed *ethers*, sweep through the channels of the larger ordinary sized atoms, and that these ethers modified by the vibratory motion of the atomic channels through which they pass constitute heat, electricity, color, etc., according to the style of motion and the grade of ether. These and the other fine forces consist of a duality, namely, a substance and a principle of motion. The ether alone, then, would not constitute heat, electricity, etc., nor the style of motion alone, but both. Scientists for ages have been in a sea of trouble by trying to ride in a carriage with one wheel, calling electricity, for instance, sometimes a fluid merely and sometimes "a motion of the ultimate particles of matter" merely, on the dynamic theory. The author has repeatedly collected the rays of sunlight as a pigment on chemically prepared paper, and has a thousand times medicated water and other substances by having the sunlight shine upon them through colored glass, the kind of healing power thus collected depending upon the color used. Prof. Crookes and other scientists have demonstrated the truth of several of these theories, such as the materiality of light, the existence of "ultra gaseous matter" (ethers), etc. We may understand that animal magnetism, psycho-magnetism, heat of all grades, electricity, light, color, are fine fluidic streams or

winds of force which sweep through the substance of human bodies or other solids, or radiate through the air around us, and that these streams may be guided and controlled to a great extent by our knowing how to do it. We may learn also how the refined wind which we call electricity flowing northward toward the magnetic pole, will make the needle point in the same direction as truly as ordinary wind will make a vane point in the direction of its current. The electric whirlwinds that sweep around a powerful magnet will sometimes draw ten thousand pounds of iron, and human beings can in many cases send out those finer magnetic forces which will draw other human beings, who are sensitive, to themselves. And yet these forces are said to have no weight. Then must the water of a maelstrom have no weight. (See Principles, p. 106, 416, 447, 524. See answer to Count Rumford, p. 152.)

6. **The Duality of Force**, being so generally misapprehended by writers on the subject should be illustrated a little farther. We have seen that force embraces a more subtle or fluidic element on the one part which co-operates with a coarser or more static element on the other part. Thus air alone is a force, having ethers or finer atoms which play through the larger atomic channels of oxygen and nitrogen to produce the effect of heat or cold, but air alone would not be able to run the internal machinery of a windmill. Windmill power embraces the sweep of air and arms to catch this air. The arms alone would be helpless to run the mill, and the air alone would accomplish nothing. Wind is in reality a force, but it is caused by a still finer force, the flow of ethers through the atomic channels of air in a way to produce heat. This heat expanding the air causes it to rise, and the rush of cold air to fill its place gives the effect of wind. This wind may drive vessels and overturn houses, and in the language of some writers is incorrectly deemed a mere *instrument* which is set in motion by heat. It is on a par with a missile which is thrown by a human hand. The missile is not the direct force, this being the hand that throws it. If the hand then is the force, where is the duality? This is the explanation. The fine or fluidic part consists of the nerve ethers that are sent to the muscles. These muscles constitute the coarse element of force, which becoming contracted are made to hurl the missile. A series of contiguous balls may be struck at one end by a mallet but only the last one moves. Does this do away with the fluidic side of force? No, for the real force is within the hand that wields the mallet, while the mallet and balls and hand itself are mere instruments for conveying it. If one force in all the realms of nature could be found in which fluidic action is not used, then our scientists might have some excuse for affirming that electricity, magnetism, light, heat, etc. are simply "modes of motion" unconnected with any fluid action. By following nature

in these respects, a thousand mysteries can be cleared up, for a vast range of fine forces which are the basic principles of all things, can be to a considerable extent understood.

7. **Spirit and Matter.** An extensive investigation into the subject of atoms, has shown me that there must be something finer than any material conditions, something unatomic, infrangible, imperishable, and almost infinitely elastic which can flow forth into the finer atomic channels as a quickening power. This unparticled substance we may call *spirit*. But while spirit thus becomes an active principle of force, quickening the world into life, I perceive also, that matter is an equally important realm of being which draws spirit into itself through the suctional power of its atoms. In other words *matter cannot act without spirit, and spirit cannot act without matter*. To understand this great central duality of the universe will save us from many blunders. It will remind Old School physicians that they dwell too much among coarse material elements, while the noble Hahnemann made some serious mistakes, by attributing all power to spirit. (See Principles of L and C. p. 107). We can influence bodily conditions by spiritual forces, sometimes in a triumphant way. We can also react on the mind through the bodily organs, as in the case of perverted hypochondriacal functions, or by the use of alcohol and other drugs, or by a lesion of the brain.

II. TWO GREAT DIVISIONS OF FORCE.

All force may be arranged under two divisions, namely that which causes expansion, as in the case of Heat (Thermism), and that which causes contraction, as in the case of Cold or Electricity.

1. **Heat.** When fine ethers sweep through spiral channels around the outside of a line of atoms they widen their course in proportion as they move swiftly and have the effect of heat, the ether being *caloric* or the *element* of heat, the spiral channels which give the law of motion being the *principle* of heat, and both together giving the effect which we call heat or thermism. The coarsest grades of heat in the sunlight are invisible; when the ethers and the atomic spirals are finer they become visible as red, orange, etc., There are grades of heat in the sunlight and especially in the finer spiritual forces of the human system, which are too refined to appear as color to the outward eye, or to be measured by our thermometers, but which sensitive persons can readily feel.

The following items belong to the THERMAL side of force :
Fire, steam, hot air, hot water.

The south pole of a magnet. The negative pole of a battery. Hydrogen and the alkaline metals. Arterial blood. The left side of the body. The head. The earth and of trees or branches, The small end of crystals. The red, orange, yellow and yellow-green colors. Laxatives and purgatives. Emetics. Sweets. Mustard, ginger, pepper etc. Carbon in the shape of fatty elements. Rubefacients and diaphoretics. The sensory nerve forces. The alkalies, such as potassa, ammonia etc. The fingers of the left hand.

2. **Cold or Electricity,** Ethers which sweep through the centre of a line of atoms in the form of a vortex, tend to contract the atoms and thus produce the effect of cold, or electricity *i. e.* the ethers as a *substance* and the axial motions as a *principle*, constitute *electricity*. I speak of electricity in connection with cold, because it is really but the refined manifestation of cold, being contractive and exists in the greatest intensity at the earth's magnetic poles where cold is greatest. All grades of ether which flow through the vortical channels of atoms constitute different grades of electricity, the coarsest of which give us the sensation of cold, as in cold water, ice, snow, cold air, etc., which abound in electricity. The electricity of the battery is not felt by most persons as cold, though sensitives easily perceive it and the electricity of sunlight being still finer than that of the machine or battery, is manifested to the eye in the form of the blue, indigo and violet colors. We can see how it is, then, that these colors are astringent, refrigerant and soothing to hot nerves and blood, knowing as we do that they belong to a refined grade of cold, although the thermometer cannot measure this cold except in part. But there are much finer electricities in the sunlight than those which the ordinary eye can perceive as the blue and violet colors, and also finer electricities in the spiritual forces of man, which we term *psycho-electricity*, *psycho-magnetism*, etc., whose penetrating power, as possessed by some persons has wrought marvelous cures. (See principles P. 105, 124, 127, 298, 422.)

The following items belong to the **cold or electrical forces**:—

Ice, cold water, cold air. The north pole of a magnet. The positive pole of a battery. Acids, such as sulphuric, nitric, etc. Blue-green, blue, indigo and violet colors. Venous blood. The right side of the body. The feet usually. The upper end of branches and trees. The large end of crystals. The motor nerve forces. Oxygen and acid fruits. Astringents, refrigerants, sedatives, antiseptics. Ferromagnetism. The fingers of the right hand.

There are sensitive persons whose brain may be cooled and quieted by holding near the temples or ears, the large end of a crystal, the north

pole of a magnet, the small end of a twig, or the point of the right hand, while the left hand, or the opposite ends of the same objects will fill the brain with excitement, and sometimes with feelings of fury. It is quite time that physicians understood these penetrating forces so that they may not be so unsuccessful in treating nervous diseases.

3. **Magnetism**, as Ampere has shown, is merely *electricity thrown into curves*. A magnet has countless millions of electrical streams drawn around and around into whirlwinds of force by the tremendous suctional power of the vortexes in the atoms of steel through which they pass, and has also a series of streams that are not thus deflected into curves, the strongest of which currents enter at the negative or south pole, and emerge at the positive or north pole, while other and weaker grades of electrical ether, pass through the magnet in just the opposite direction. The greatest magnetic tension is at or near the poles, there being no force in the middle of a magnet strong enough to control iron filings. The horse-shoe magnet is more powerful than a bar magnet, because the suction of both poles can be used. If the positive poles of two magnets are placed together, their powerful streams of ether will strike against each other, and drive each other apart. The negative poles placed together will do the same. This is the philosophy of **Repulsion** and explains the well-known expression "*similars repel*." If a positive and negative ends are placed together, the electrical currents of both will flow in the same direction and *intensify each other*, causing them to rush together with great force. This is the explanation of **Attraction**, and exemplifies the law expressed by the words "*Contrasts attract*." A hundred mysteries are explained by this etherio-atomic law of force which thus far has not been understood.

All substances and especially all animal life, contain some grade of magnetism, or at least of **Diamagnetism**, in which latter the ethers pass through objects transversely, instead of longitudinally, and work more feebly.

The ordinary magnetism which works with iron and steel is *Ferro-magnetism*; another grade which is connected with animal life is called *Animal Magnetism*; a higher and finer grade of ethers connected with the spiritual and intuitional activities, is called *Psycho-magnetism* or

The reader may understand just why streams of electricity may go both ways simultaneously, by learning of the constitution of atoms which are generally arranged and combined conversely. Of course, the electricities cannot pass through the same polarized line of atoms in two directions, but the streams of thermal force *must* always sweep in the opposite direction from the electrical forces (See Principles, p. 98, 115, 133, 140, etc.)

Psychaura which is literally *soul force*, or the ether that is more nearly connected with the force which the soul may be said to use. The term *Vital Magnetism* may be used to include both animal and psycho-magnetism. Where in **Woman** the forces are often more influx or negative, in **Man** they are more efflux or positive. For this reason, according to the law already explained, it is conducive to the harmony and activity of the vital forces for the sexes to be frequently in the same atmosphere with each other in school-rooms, churches, societies, and social circles, and is also for the greater purity of both. All monastical and ascetic exclusion of the sexes is founded in ignorance, and leads in the end to lower conditions, as well as to greater misery. **Solar Magnetism** animates and develops much of the vegetable and animal life of the world, and like psycho-magnetism, has a wonderful potency in the cure of disease.

4. **Terrestrial Electricities.** We can never enjoy perfect health until we learn to live in harmony with the forces of the earth. Baron Reichenbach, in his numerous and remarkable experiments with reference to Odic force, ascertained that multitudes of sensitive persons were having their nervous systems wrecked, and even the power of medicines to a great extent destroyed, by sleeping with their heads to the south or the west. He found that by placing them with their heads to the north, they became relieved at once. Some were so very sensitive that they almost went into spasms when placed, only a few minutes, to the south or west. Very many cases in proof of this law have come under my own observation. The explanation of this matter, which the Baron did not seem to understand, is as follows: The magnetic poles which are culminating points of cold and tremendous vortexes of the electricities that are ever rushing inward toward the hot region of the earth's interior to bring about an equilibrium, draw the electricities from all directions northward toward themselves in the northern hemisphere, and southward toward their culminating points in the southern hemisphere. These northward electricities which drive the magnetic needle northward are cold forces, and we should lie with the head northward because it is the most charged with blood and heat and should catch the cooling principle. In the southern hemisphere the head should lie southward for the same reason. When cold forces move in one direction the warm forces move in the other, and it is especially bad to have these warm currents moving upward through the nerves and spine to the brain as they must do when the head is southward. A modification of these electricities is caused by the course of the sun which carries a warm tide of ethers westward, in consequence of which a cool tide must flow eastward through the day and most of the night. For this reason an eastern direction for the head is preferable to the western. A position a little

east of north may sometimes be taken to advantage, for thus the head would catch some of the eastern as well as the northern electricities. It should be understood, however that the direction in which the magnetic needle points should not be departed from too widely, for the fact that it varies considerably in different parts of the world signifies, of course, that the electrical currents vary accordingly in their direction, being considerably west of north, for instance, in London and Paris. Some robust persons, and especially laborers who do not use their brains much, can sleep in all directions with comfort, and yet many of these will after a while get their nervous systems unduly excitable by sleeping wrongly. It is no doubt true, that a few persons whose brains are dormant and lacking in blood or nerve force would be benefited by lying with the head to the south or west. The nerve forces are roused and excited the most by having the head to the west, the blood, by having it to the south. (See Principles of L. & C., p. 438).

5. **Frictional Electricity** and also heat combined may be aroused by making passes of the hand over the skin, by the use of flesh brushes, coarse towels, spitting with the hands, muscle beating with an elastic flat stick or whalebone, pinching and many other methods. The hand is quite superior to any artificial instruments as it conveys a magnetic life power to the patient besides arousing the frictional electricity. Mere frictional electricity is a coarse grade of power and flows along so near the surface of the body where the nerves are sensitive that it is rather exciting to very nervous persons, and yet it is of great value in arousing the skin to action and relieving internal organs which may be inflamed or overburdened. The hand of a developed magnetist is much more powerful than that of ordinary persons, but all persons have some power.

6. **Thermal and Electrical Substances.** I have said that certain colors are innately warm or thermal in their nature, and certain other colors are electrical. By this I mean to say that all substances in the world, whether the separated rays of sunlight, or solids, or liquids, or gases, that are innately red, orange or yellow, belong to the thermal range of forces, and all conceivable substances whose real color potency is blue, indigo or violet, belong to the electrical style of power. Nature is never at war with itself, and if *redness* means a burning principle in fire or in Cayenne pepper, it means the same thing in a red ray of light, and in everything elsewhere the red is innate, just as blue is a cooling principle wherever found in the whole universe. But the color potency of a substance cannot always be told by its usual external appearance, for certain substances may be transparent, like alcohol or many of the gases, others may be white or black seemingly. In such

cases they must be heated until they become luminous, and these luminous rays passed through the prism of a spectroscope, which will give the real color forces. Thus potassium, which is a white substance has a coarse grade of red in its spectrum, that will account for its burning character in potassa. The spectrum of hydrogen, a transparent substance, has its strongest color in red, or more properly red-orange, and its burning character may be seen in such substances as alcohol, ammonia, etc., in which hydrogen is predominant. Again, oxygen, which is a transparent gas, has the strongest colors of its spectrum in blue and indigo, and is the most electrical of atoms, just as hydrogen is the most thermal. Acids get their cooling and astringent effect from their oxygen.

Our scientists, from not understanding the basic principles of chemical affinity, are sometimes prone to consider oxygen a thermal element, although they know its spectrum is most prominent in the cold colors, and sometimes consider electricity a warm power also, simply because by its aid the greatest heat can be developed, and yet they know electricity is contracting in its nature. They know that electricity and magnetism are very abundant near the poles, but are not aware that electricity and cold are identical simply because the electricity of the battery does not give the full sensation of cold to ordinary nerves, being a finer grade of force. All sensitive persons, however, can feel cold streams from the north pole of a magnet or the positive pole of a battery, and even a thermometer is made to fall by blue light. But the mysteries of this subject, such as the explanation of how cold can produce heat and heat cold, will be given under the next caption in connection with chemical affinity.

III. CHEMICAL AFFINITY

*When there is an approach of atoms under excitement which are similar in size but contrasting in style, such as the more thermal on one side that are widened by heat forces and the more electrical on the other side which are drawn in narrower by the axial forces, the electrical atoms are swept with a tremendous force into the thermal atoms. This process is called Chemical Affinity.**

* For the details of chemical action and pictorial illustrations of the form and working of atoms, which the author has been able to develop in harmony with the facts of Science, see Principles of Light and Color, third and fifth Chapters. It may simply be hinted here that the same spiral atomic channel which carries the red ethers on the outside of the atom, turns inward at the vortical or larger end of the atom, grows more delicate and passes through the axis in the opposite direction as the channel for the blue ether. For this reason the red and blue colors form a chemical affinity for each other, the vibrations of the red spiral being communicated to the blue channel and *vice versa*, and these vibrations form a great suctional power to draw on their respective ethers. In the same way the yellow and violet, also the orange and indigo work together.

1. Examples: The blue electrical atom of oxygen combines with the red thermal atom of hydrogen to form water; the yellowish green atom of chlorine becomes encased in the white atom of sodium to form salt the dark atom of carbon flows into the white atom of sodium to form the white substance called sodium bi-carbonate. How do we know that the electrical atom is encased in the thermal? Because we know the broader naturally receives the narrower, but we know still more definitely that this is the case from the fact that the colors of the electrical atom are lost, while the color of the thermal atom alone appears as in the case of salt, in which the color forces of the chlorine seem to be covered up by the white sheath of the sodium atom, or in the case of the carbonate of soda in which the blackness of the carbon is swallowed up by the white sodium. This solves a mystery on the most simple natural principles which has puzzled the chemists of all ages. It should be stated that the electrical character of chlorine becomes evident in the spectroscope in which the blue-green, blue and indigo are very strong, and carbon though thermal as a whole is much more electrical than such alkaline elements as potassium, sodium, etc. The electrical colors are by no means always concealed by the thermal, especially when they predominate in quantity.

2. Opinions: Our scientists while having bestowed great learning and skilful experimentation upon this subject still seem to be quite in the dark as to any basic principles.

"Chemical force like other force cannot be described," says Dr. Attfield, in his chemistry, and he goes on to speak of the great mystery of the loss of color which one substance often sustains when chemically combined with another. "Chemical affinity, like all great forces in nature" says T. P. Barkas, F. G. S. "is perfectly incomprehensible". "Notwithstanding our boasted advances in Science," says Prof. Robt. Hunt, "we have scarcely arrived at any satisfactory knowledge of the powers which regulate the internal conditions of matter. The molecular forces are almost entirely beyond our conception." Faraday says, "we know nothing of atoms." But we would suggest to these eminent minds that these matters instead of being so mysterious and beyond human comprehension, are quite simple in their leading principles when we adopt the true philosophy of force in harmony with all nature- Medicine and all other sciences will for ever be on a sliding scale until we build on the true foundation of nature.

3. Atoms not Chemically Combined are such as unite but slightly, as in the oxygen and nitrogen which constitute our atmosphere, or two pigments in painting which are simply mixed and show both colors, etc

The same atoms which are so necessary to animal life when united but slightly in the atmosphere, become so intense as to be deadly poisons when combined chemically as in the *nitrogen oxides*.

4. Grand Result of Chemical Affinity. In this law of Chemical Affinity in which one extreme is thus seen to be forever appealing to the opposite extreme for a balancing principle and a congenial companionship, resides the great harmonizing system of the universe, without which all things would rush into one-sidedness of action and be destroyed by heat or congealed by cold—all human beings would be dazzled or inflamed by the excess of redness, or chilled and made despondent by the excess of blueness. Numerous instances could be given in which persons who have been over-excitabile, even to insanity, with too much activity of the red principle in their heated blood, or the yellow principle in their nerves, have been cured in a few hours or days by the chemically compensating principle of blue and violet light as transmitted through blue glass or as reflected from blue and violet ceilings. On the other hand persons who have had an excess of the blue principle, such as blue veins, blue finger nails and a pale cast of countenance until a feeling of despondency and inactivity have come upon them with crushing weight, have been kindled into new life and health and cheer, by being in a room with red glass and red ceilings for a single day. The same law of chemical force as manifested by colors applies also to drugs as will be shown hereafter.

— (See Principles, p. 145, also p. 243 to 259.)

5. How Heat and Cold Develop Each Other through chemical affinity, should now be explained, and comes, as I have said, from the fact that *contrasts attract each other*, so that electricity is able to attract heat and heat electricity. In cold, moist regions the hydrogen and other warm elements of the arterial blood are stimulated into action by the electricity and oxygen of the air and more rosiness of complexion results, especially to those who exercise in the open air. Carbon, another warm element, as it appears in fatty substances, may be easily digested and assimilated by the electricity of cold air, but would clog the system, especially the liver, in warm regions. Wheat, oats, maize etc., growing in cold regions, always receive more of the warming elements, especially carbon in the form of starch, as well as phosphorus, than they do while growing in warmer climates, for which reason they are able to hold their vitality in climates so cold as to destroy southern wheat. This is caused by the activity of the electrical currents through the leaves and stalks of these cereals, which thus attract chemically the thermal elements from the atmosphere under the stimulus of sunlight

Onions that grow naturally in a warm region like Spain would be less acrid and heating than those produced in England and the northern United States. Thus beautifully does nature adapt itself to our needs. Our scientists, not understanding the law of chemical affinity, would find it difficult to explain why an element with a predominant blue spectrum like oxygen should tend to develop redness when chemically combined, or why an alkaline element with a predominant red spectrum like potassium, should call forth a blue color. But when it is remembered that chemical affinity deals only with contrasts, acids, and alkalies attracting each other, electrical colors attracting the thermal, and vice versa, the mystery is done away with. The red and blue have a direct affinity for each other, as also do the yellow and violet; and the orange and indigo, the reasons for which I have given in the Principles of Light and Color, Third and Fifth Chapters. Acids cause litmus paper to become red on account of their oxygen while alkalies make the same paper bluish or purple on account of their red and yellow potencies. Cold thus develops heat and heat cold; But one thing should be remembered, which is that electricity cannot develop thermism if there is no thermism to develop as for instance oxygen, cannot develop redness in another element which has no redness in itself, and the cold force of electricity develops a tremendous heat and light only by coming in contact with some thermal element like carbon or some similar substance. Apply this principle now to a human being. Take a person who is rubicund and warm, full of the red arterial blood, and if you throw a dash of cold water upon him or let him drink cold water, he will become all the warmer as the blue element of coldness will start the red elements into activity. Such a one can profit by his cold water baths in the morning as he rises. Suppose now you take a person who is full of pale bluish conditions with the cold venous blood predominant over the arterial. He has not enough of the red principle to answer to the blue, and therefore he cannot stand cold water or even the electricity of the battery, and must have hot water or red light or some other style of thermism to keep up that beautiful chemical action that brings health and power. Is it not plain then that "what is one man's meat is another's poison?" and is it not empiricism to give the same style of medicine to persons of opposite temperaments?

But is it a universal rule which we can follow, that we may become more and more hot in proportion as we apply ice or cold water to our bodies, and more and more cold in proportion as we apply hot water? By no means. The principle announced above will solve this question.

Put the warmest person into ice water and keep him there and the heat will soon be drawn off so that there will be no thermism left for the cold to act upon. Chemical affinity ceases as soon as two forces become too much assimilated and the contrast destroyed. If we wish to create activity of a contrasting force we must not overwhelm and draw off the contrasting force so that there will be nothing to act upon. A brief plunge or swim in cool water, or a cool dash over the body may cause a fine glow of warmth as the chemical action takes place, but a longer stay would prevent chemical reaction. General Pleasonton, of Philadelphia, constructed a grapery in which every eighth row of panes was blue, while all the rest were transparent and let in the full light. This electrical blue light was sufficiently small in amount not to overbalance the other rays, and kindled the red portion of the contiguous sunlight into such activity, that the thermometer rose to 110° inside of the grapery, while on the outside it went down to 36° or nearly to the freezing point. If all of the panes had been blue, or even half of them, as experiment will show, the atmosphere would have been made cooler than if no blue at all had been there, as there would not have been a sufficient amount of red rays in the remaining white light to have satisfied the chemical affinity of so much blue. These facts go to show that we must keep the two contrasting sides of power more nearly equal, in order to have the greatest chemical and vital action, and they also show the empiricism of always using a hot force or a cold force for all persons alike.

The reader will now be prepared to understand that no atom or combination of atoms of the same kind can have very much power. Thus we know oxygen to be especially electrical, but it becomes greatly more electrical by the aid of a small amount of thermism, *e. g.*, by taking a small amount of the thermal substances hydrogen and sulphur in combination with a larger amount of oxygen we have the intense electricity of sulphuric acid, whose expression is as follows: H_2SO_4 . Again potassium, though a thermal element, becomes immensely more thermal, when half as great a bulk of oxygen is combined with it, as in *pottassa*, (K_2O) which has great burning qualities. An equal balance of electricity and thermism, prevents either extreme of force from being predominant, thus, if we combine the red element hydrogen with the blue element oxygen (H_2O) we have the substance called water, the most perfect chemical combination in nature, and the greatest solvent in nature. In this case, however, it seems to take two volumes or atoms of hydrogen to exactly balance the heavier one of oxygen. Ordinary water then is neither thermal nor electrical, although in cold water electricity predominates, and in hot water, thermism. But the reader may say that sulphuric acid, which is but another name of oil of vitriol, will burn also. No, sulphuric

acid does not burn, but is so violently electrical that it seizes the thermal elements of whatever it touches and makes *them* burn. The same is true of some other violent acids. These same acids, however, when diluted, are always cooling.

6. **Physiological, psychological and mental forces all act on the law of Chemical Affinity or Chemical Repulsion.** Medical men are generally unacquainted with this fact, and I must beg the reader to take my word in part for it here, as I have adduced a large number of data and principles in proof, in the ninth, and especially the tenth chapters of the "*Principles of Light and Color*." There it is shown that *nervous force* consists of fine ethers that sweep to and from the brain or spinal cord, or ganglionic centres, in connection with other parts of the body—that these ethers flow through channels called *nerves* whose insulating sheath the neurilemma prevents them, to a considerable extent, from escaping—that for *muscular contraction* the electrical or contracting ethers are sent from the brain through the motor nerves to the muscles, while for *sensation* the sensory nerves conduct the ethers from any part of the body which may be affected to the brain—that the bluish-white masses of the brain and spinal column and ganglionic centres work chemically with the reddish-gray masses of the same, in a way to keep up the great activity of the life forces—that if from poor food, bad habits, or any other cause, the blood has been robbed of its cholesterin phosphorus or other active principles which kindle quickly under the play of the animal-magnetic and psycho-magnetic ethers, or, if the electricity of the air is not taken into the lungs in connection with the oxygen to purify and animate the blood, then the play of the life ethers becomes too sluggish, and all the internal or even the external organs, are apt to become clogged or perverted in their action—that in various parts of the brain are poles or centres of one kind of force which work chemically or in correlation with poles and centres of another kind in the body—that throughout the system there is an incessant play of ethers of different grades, from the coarser frictional and animal electricities that kindle the blood, to the finer ethers that course through the nerves and the still finer mental and spiritual ethers that culminate in the front and upper brain, and act as the direct servant of spirit itself to quicken all the other ethers and bodily functions—that these ethers, while guided to a certain extent by the blood channels and nerve channels of the system, can yet, in part, sweep beyond them, carrying millions of radiating streams into the air in the form of what is called *insensible perspiration*, or passing their more refined elements to great distances, so that those who are sensitive may feel them as a personal aura—that the *will-power* may send out these fine ethereal streams into

all parts of one's own system in a way to animate and heal, or sometime into other people's systems as a psychological potency for controlling their actions or conditions—that the hands or other parts of a person may be conductors for transferring these life-giving ethers to the bodies of other persons, and in some cases working marvelous cures—that no *imagination*, no processes of *faith* or *mental action* can have a particle of influence on any portion of the human system, except as they work through mental or psychic ethers which must be propelled to such portion through internal or external influences, all force, as we have seen, having to be conveyed by means of some fluidic instrument (see Ch. I.), and lastly that these finer forces are the connecting link between spirit and matter, and the underlying principle of the outward universe.*

IV. CHEMICAL REPULSION.

All substances tend to repel and stimulate the action of contiguous substances, whose grade of force and whose colors are similar. This is called Chemical Repulsion.

1. **Illustration.** This is on the law signified by the words "similar repel," and may be illustrated by placing two positively electrified or two negatively electrified objects together. Here the efflux ethers rush against each other and drive each other apart, and such a dashing together of forces naturally causes a greater excitement of the atomic spring work of the objects themselves. Take a plant which has a certain amount of redness in it and place red glass over it in the sun. In a few days the amount of redness will be greatly increased, showing that the red stimulates and increases the red. Place a blue pane of glass over a green leaf and it will become more blue-green and the plant itself will be stimulated to a more rapid growth. Under the head of Chromopathy it will be shown how red elements stimulate the blood, how yellow elements stimulate the bile which is yellow, also the nerves which are mainly yellow, etc.

* One thing which enables me to speak positively where many may consider me rash in doing so, is the fact that I have often seen these finer forces, or rather, the pathway through which they move as signified by a finer grade of lights and colors than those which appear to the outward eye. Multitudes of other persons besides myself are able to perceive these higher grade colors and forces, and the eminent Baron Reichenbach, of Austria, proved the existence of the odic ethers by thousands of experiments made in connection with over sixty persons whom he called sensitives. These radiations of finer lights and colors, revealing a more glorious interior universe, have led me into this philosophy of force which explains so many mysteries.

2. **Chemical Repulsion in Human Life** is exemplified in the case of two persons who are too similar in their mental and temperamental constitutions, as for instance, where both have reddish hair and florid complexions, which adds fire to fire and causes a repellant feeling, or if long-continued, inflammatory diseases; or where they are thin, pale and deficient in arterial blood, coldness intensifies coldness and tends toward chronic diseases as well as to aversion of feeling. In the former case thermal radiations predominate in both, while in the latter the electricities rule in both, and there is not enough of the contrasting element to produce chemical attraction. It should be remarked here in passing, that persons having very red hair and florid complexion are not always warm, as they may not have a sufficient amount of the contrasting forces to call their red elements into play. See Ch. III., para 5.

3. **Objects having the Same Grade and Style of Force are required to produce the most complete repulsion.** If a stream of water should dash against a stream of air, the repulsion would be but slight, and if yellow light should strike against a coarser grade of force which we call red light, the repulsion would not be very great, although both are thermal forces. If a piece of glass should be rubbed on woolen cloth a few times and two hairs should be held near it, both hairs would be drawn up to it and charged with similar electricities. If now the two hairs be held near together, they will be repelled from each other. If one of the hairs, however, should be charged with sealing-wax which had been rubbed in the same way, and the other with glass, and then held in proximity, they would rush together for a moment from being differently electrified, and then, when their forces had become equalized, or made similar would be driven apart again.* In the same way two human beings, who may naturally be sufficiently diversified in their temperaments to cause them to dwell harmoniously together for some time, may by constant intimacy and sleeping together, have their forces so equalized as to lose some of their good effect upon each other, or for a time to become even mutually repulsive and injurious. If married people could understand this law, and much of the time sleep six or more feet apart, so as to escape their immediate spheres of radiation, they would retain their happiness and health much better.†

* Scientists are very much mixed on this subject of electricity, some believing with Franklin that there are two states of a single electrical fluid, called *positive* and *negative*; others with DuFay, that there are two kinds of electricity, namely, the *vitreous*, developed in glass, and the *resinous*, developed in the resinous substances. My investigations into atomic and ethereal forces, have shown me that there are many grades of electricity, all working on the same principle (p. 4 & 5), but that in glass the currents are doubtless more positive and external than those in resin, which are more interior and negative.

V. THE LAW OF HARMONY

Requires the nice blending of contrasting elements. Nature's most common method of manifesting this law occurs in the processes of Chemical Affinity (See p. 9 & 10), which, as we have already seen, combine warm with cold substances, thermal with electrical colors, alkalies with acids, etc.

1. **The Golden Medium** is not the pathway between extremes, but rather the union of extremes, or, still better, of contrasts.

2. **Health** is that harmony which comes from a well-balanced combination of heat and cold in the life forces, and results from the activity of both spiritual and physical conditions, and *this, to a great extent, is brought about by the free play of the chemical affinities* (See p. 9 to 14) To promote health, then, it is evident that we should keep up a balance of thermal and electrical substances in the human system, and have them kindled into the greatest activity by the refined forces of nature.

3. **Disease results from one-sidedness or lack of balance in the vital forces**, and is really nature's beneficent struggle to gain an equilibrium through chemical affinity, or to eject impurities through chemical repulsion. When this onesidedness or discord comes from too much heat, as manifested in fevers, inflammations, acute diseases and over redness, the balancing principle would usually be some grade of cold, as the electricity of cold water, cold air, blue or violet light, cooling foods, etc., if from too much cold, as manifested in the form of chills, paralysis, paleness or blueness, congestions, chronic diseases, etc., some grade of heat, as in hot water, hot vapor, hot air, red or yellow light, warming foods, vital magnetism from a warm hand, etc., would constitute the law of harmony or affinitive action.

The electricity of catskin, however, is so strong as to overcome that of glass, and render it seemingly negative. For explanation of these mystical terms, *positive* and *negative* also the opposite direction of electricities, see Principles of Light and color, p. 142, etc.

† I know that there is many a happy, caressing couple, who would feel like scoffing at this suggestion, and would declare that their health had improved by constantly occupying the same bed. I freely admit that some persons may be so harmoniously mated chemically and socially, that they may blend thus intimately for months, perhaps for years, but in the majority of cases the forces of the two will become too much assimilated, or the one will draw away an undue share of magnetism from the other, or the interchange of vital warmth will cause a too frequent desire for connubial privileges, which will tend to exhaustion of nervous forces. I write thus that people may go with their eyes open, and not feel that when interest and zest in each other may fail, it will be necessary to tear themselves apart permanently, but rather to live in harmony with the law.

4. **Theories of Disease.** One class of extremists declares that health and disease are altogether matters of the physical system, and can be reached only by material elements; extremists of an opposite school say that they exist only in the spiritual system, and that no medicines or external remedies have ever yet availed anything. Such theories come from ignorance of the laws of force, which, as we have seen, always include some spiritual or finer principle on one side, and a coarser power on the other. Either one of these being removed, all force ceases. Disease may start from the material side of things, and react upon the spiritual, as in the case of a cut, the taking of a poison, contusion of the brain, etc., or it may commence in the spiritual and affect the physical, as *e. g.*, grief for the loss of a friend, disappointed hopes, excessive religious excitement etc. What we need are psycho-physicians, or those who know how to supply the refined elements, or in some conditions, the coarser grade of forces, as may be required to affinitize harmoniously with a diseased system in a way to bring health.

5. **Pain** is the signal which nature kindly gives to show that danger is present, and the spur to urge us on in our efforts to escape this danger as soon as possible. When the danger is very great, as in the contact with fire for instance, the suffering is usually very great, also, although in some poisonous narcotics the suffering is often more prolonged and less violent, or the nerves partially stupefied.

6. **Germs, Parasites, Etc., as Generators of Disease.** I have arrived at the following conclusions as the result of the discoveries of histologists, and of my own researches into the principles of force: 1st, that all healthy systems abound more or less in minute vegetable and animal organisms called parasites; 2d, that these parasites, when moderately distributed, are animating and useful, just as the bacteria of the atmosphere, according to Prof. Tyndall, add brilliancy to the sunlight; 3d, that when undue heat is developed in any part of the system, they become excessive in number and lead to greater fermentation and inflammation, and then dying in large quantities, cause putrefaction; 4th, that when the system becomes too devitalized and cold, they are deficient in number, and this adds, still more to the coldness; 5th, that when food composed of fruits, cereals and vegetables is used, there is the more tendency to develop the safer grade of parasites, while grosser foods develop grosser organisms; which may account for the fact that eruptive and putrefactive diseases are less prevalent with those who live more on a vegetable diet, than with the Americans and English, who eat so much meat,* it being well known that animal matter has a more

* It is said that although the Chinese in San Francisco, who live mainly on vegetable food, have entirely escaped the more putrid grade of fevers, it is probable that they

offensive putrefaction than vegetable; 6th, that some of these parasites are more virulent (pathogenic) than others, and being passed off on the breath, or otherwise, of certain diseased persons, are readily drawn into the lungs and absorbed into the blood of persons whose systems are somewhat impure, and thus become the seed, in a fertile soil, of the same disease, such as small-pox, yellow fever, etc.; 7th, that other malicious germs, as well as poisonous gases, are exhaled from sewers, cess-pools, filthy streets and putrid water, and received from the air by people who live or pass too near them; and, 8th, that persons who keep their electrical and other life forces in fine, brisk action, will thus prevent the excessive development of parasitical life, and repel, by their positive forces, the most, if not all, of the malarious influences that are conveyed by the atmosphere. To lessen or destroy parasites, electricities of all grades can be used, including blue or violet rays of light, or objects charged therewith, keen acids, oxygen or ozone, or intense cold, or even a pungent alkaline exhalation, like that of spirits of ammonia. Intense heat would also destroy them, but this would tend to destroy human life also. Does the reader say that these facts concerning parasites destroy my theory of harmonious chemical action as being the true law of health? Not at all, for we must have the play of the chemical affinities aside from the influence of parasites, and, more than that, this chemical harmony will, in the main, regulate the production of parasites themselves in a way to make them a blessing rather than an evil. At death, when there is no longer a spirit to keep the higher chemical forces in play, we may see how soon the body becomes alive with the grosser parasites in a way to produce corruption and decay.

would not be very liable to take yellow fever, or other atonic fevers in which putrid conditions are prominent and especially eruptive fevers of any kind. An artist in New York informed me that he had reared his children without meat, and that they had all escaped having the whooping cough, croup, measles, scarlet fever, and other children's diseases. Dr. Livingstone says, in his "Seventeen Years Explorations and Adventures in the Wilds of Africa," that the Darmas, who live near the Zambezi river, in a very miasmatic country, live upon a milk and vegetable diet, have some yellow fever, but "no small-pox, measles, or any other eruptive disease; no hydrophobia, rheumatism, gout or dysentery, and no cases of mania or lunacy. They believe in spirits; their supreme Deity is Umerura, and each tribe has its tutelary divinity and guardian angel. Another great leading cause of their immunity from disease is the fact that they go nearly naked, and thus receive the quickening influences of the sunlight and air on their bodies.

* A few palliative processes in the treatment of disease are adopted without direct chemical action, for instance, the application of cold water in cases of fever or inflammation, but the great organic changes of the system are affected by chemical affinity, as in the processes of digestion, assimilation, absorption, nutrition, oxygenation of the blood, and even of nervous, mental and psychological action, as has been seen (Ch. III, para 6). Medical men have enumerated fifty-five diseases as resulting directly from parasites, but no doubt nearly all diseases are affected unfavorably by them when in excess.

8. **Poisons** are substances which cause discord or death in animal life by being one-sided, or ill-balanced in their style of force, having an excess of thermism on the one hand, or of electricity on the other. Thus, *Alcohol* has two parts of carbon, a yellow element, six parts of hydrogen, a red element, and only one part of the blue, electrical element of oxygen, making the chemical formula C_2H_6O ; hence it is on the fiery order, and constitutes a thermal poison. *Chloroform* has the electrical element of chlorine predominant, in which the blue-green, blue and indigo are powerful in its spectrum. Its formula is $CHCl_3$ and shows enough of the yellow and red principle of carbon and hydrogen to rouse the nerves and blood powerfully, and enough of the contractive power of the chlorine to paralyze the heart and cause death when excessive. *Prussic acid* (CNH) combines equal parts of carbon, nitrogen and hydrogen, all of which are intensely active and thermal, although the first two have a fair amount of electricity also, which serves to intensify the thermism, and accounts for its terrifically poisonous character, a fraction of a drop serving to destroy life. *Nicotine* ($C_{10}H_{14}N_2$), an active principle of tobacco, is on the thermal extreme, and is so intense as a poison that small birds approaching a tube containing its concentrated solution have fallen dead.

While the general law of moderate acids is cooling and astringent, and that of moderate alkalies warming and reactive, yet extreme acids and alkalies have a furious and poisonous force which proves reactive and different from its diluted elements. *Ammonia* (hartshorn) is intensely alkaline and thermal, having three volumes of hydrogen to one of nitrogen (NH_3). *Potash* (KHO) consists of equal parts of potassium, with its coarse grade of red, hydrogen with its refined red and oxygen, and so is a fiery and poisonous alkali. The decided acids, of course, are extreme on the electric side, *sulphuric acid*, or *oil of vitriol* (H_2SO_4) presenting a great amount of blue and violet in its four volumes of oxygen; nitric acid (HNO_3) abounding in the electricity of oxygen and nitrogen etc.

It will be seen by the above-named poisons that where electrical substances predominate, a certain amount of the thermal are also on hand to intensify them, and *vice versa*.

9. **Antidotes.** Sickness, caused by acid poisons, such as acetic, sulphuric, hydrochloric, oxalic, nitric, etc., can be antidoted chemically by the alkalies, the simpler forms of which are soda, magnesia, chalk, slaked lime, broken pieces of wall, etc. When poisoned by potash, saleratus, soda, salts of tartar, and other alkalies, acids are the antidote such as vinegar, sour lemonade, etc. Corrosive sublimate, arsenic, verdigris, blue vitriol, etc., may be counteracted by white of eggs, or flour mixed with milk. Severe cases of poison should be treated with the stomach pump, or by vomiting.

10. **Unbalanced Conditions**, which lead to disease, occur when, one part of the system becomes too excitable in a way to draw off the warmth in other parts and leave them cold. The overheated parts tend to inflammation, the cold parts to inactivity and chronic disease. The parts liable to become overheated are the brain, stomach and epigastrium, the uterine organs, the general sexual system, the small of the back, etc., while the parts more apt to become too cold, are the hips, all of the extremities, especially the toes and heels, the liver, the lungs, the knees, and often the cervix, although women, more frequently than men, have too great general heat of the spine, which if allowed to run will produce spinal meningitis or other irritable and dangerous conditions. To bring about an equilibrium, it is not at all necessary to adopt the harsh and injurious methods of our allopathic friends, who cure one disease by bringing about another, on the system of *counter irritation*, using moxas, fierce blisters, setons, leeches, etc. Under the caption of *Magnetic Massage*, I will show how to equalize forces by making passes with wet fingers from hot to cold regions; under the head of *Chromopathy*, how to balance the heat by blue or violet light externally, or blue-charged substances taken internally, and the cold by red and yellow light and red and yellow-charged substances; under *Hydropathy*, I will show how to effect an equilibrium by the use of hot and cold water; under *Galvanic Electricity*, how to scatter the heat by placing the positive pole at the hot and the negative pole at the cold parts, etc.

VI. THE LAW OF POWER.

Other things being equal, refined forces are more powerful than those which are coarse or crude. Their points of superiority are such as the following: 1st, they are more swift and penetrating; 2d, in the processes of cure they reach the nervous and spiritual energies, and thus prove up-building to the mind as well as the body, embracing as they do those basic principles of power which underlie all the others; 3d, acting thus fundamentally, they are more enduring in their effect; 4th, they are more safe; 5th, they are more pleasant, and, easily acquired, the best things, as Ruskin admits, being most common in nature.

1. *The Swift and Penetrating Power of the fine forces* may be seen by the following: *steam* is more potent than the same element in the form of water or ice; *electricity* is still more swift and powerful; *sunlight* starts the whole vegetable world into life; *gravitation* sways all worlds, and *spirit*, the most refined portion of the universe, is an underlying principle of all power. *Minerals* and other solids are the weakest of all elements. (See *Principles*, pp. 54, 107).

2. **Nervous and Spiritual Energies** *are best regulated by refined elements*, and thus the higher mental and moral forces on the one hand and the nervous and vascular forces on the other are kindled into activity, are quieted when over-active. Hence the great curative power of such elements, their success on impaired minds, etc. The following are examples :

Psycho-Magnetism. The Rev. W. C. Van Meter, the famous city missionary of New York, being almost helplessly paralyzed in his legs, so that he could walk only with difficulty on crutches, was cured immediately by Dr. J. R. Newton, who laid his hands over the lower spine. Some of the most eminent European and American physicians had entirely failed to benefit him on the drug system. The doctor made many equally wonderful cures on the same plan.

Dr. Grosvenor Swan treated a lady in Chicago who was so wildly insane that four men were required to hold her. In one treatment by laying on hands, she became quiet, in two treatments was cured.

Multitudes of such cases could be mentioned.

Chromopathy. A Virginia lady wracked with neuralgic headache, whose eyes had to be screened in shaded rooms, and sleepless through long days and nights almost to the point of insanity, was put to sleep in five to ten seconds by a blue chromo lens focused on her forehead. After waking she described the sensation of her "heavenly relief as that of a cool stream heat entered her burning head and passed through sweeping away all the pain." Dr. Ponza, Director of an Italian Lunatic Asylum, cured a morbidly taciturn patient in three hours by placing him in a red room, with red glass in the windows, and quieted fierce madmen by placing them under blue or violet influence.

Psycho - Hygienic Treatment. Dr. Jas. C. Jackson, of Dansville, New York, who has cured so many thousands of patients by means of careful diet, sunlight, water and magnetic manipulation, says : "The Psycho - Hygienic treatment is beyond all question superior to the drug medicating treatment." "Whoever lives habitually in shadow grows weak ; whoever lives habitually in sunlight grows strong," and declares that the sun's rays are more competent by five hundred per cent to rouse the intellectual faculties for any given occasion than the best alcoholic liquors. As a proof of the curative efficacy of these methods he states that he has had over 7,000 persons afflicted with seminal emissions without failing in more than ten cases ; has been equally successful with female diseases, etc. But the success of a great number of other institutions that are gradually adopting these refined natural methods of cure could be mentioned if space were not lacking.

3. *The Enduring Character of Cures made by refined elements is far greater than that of those performed by coarse elements*, from the fact that they influence those nervous and spiritual forces which underlie or control all other kinds of power, while coarser elements appeal more frequently to the blood and muscles, or only secondarily to the nerves. Facts in proof are as follows :

Vital Magnetism. If cold hands are warmed by the heat of ordinary fire, they will soon become cold again; but if warmed by the finer vital heat, as in rubbing or placing the hands together, or by the pressure of the magnetic hand of another, they will remain warm far longer. A Lady in New York informed me that she had always been subject to cold feet until the magnetic Dr. Bryan, vitalized them by placing his hands upon them, since which time, although years had elapsed, they had always been warm.

Chromopathy. If the bowels are costive, the action of most cathartic drugs will be to arouse them in a rude and exhaustive way, after which they will soon become as dormant as ever, but if a substance should be taken which has been charged with the refined principle of yellow-orange light, the bowels will be moved in the most gentle way, and in some cases will remain free for weeks or months afterward.

4. *The Safety of the fine forces is far greater than that of crude elements*, as rarely ever is any damage caused by their use. On the other hand, the medical books enumerate 51 diseases as being caused by mercury, which, in the words of Dr. McClintock, "has made more cripples than all wars combined." Over seventy diseases are said to be caused by alcohol. "Digitalis has hurried thousands to the grave," says Dr. Hosack. "Blisters nearly always produce death when applied to children," says Prof. C. R. Gilman. Seeing the ignorance of medical men and the danger of medical remedies Prof. Ramage, M. D., F. R. S., says: "I fearlessly assert that in most cases, the patient would be safer without a physician than with one." Dr. John Mason Good says: "The science of medicine is a barbarous jargon, and the effects of our medicines on the human system are in the highest degree uncertain, except that they have already destroyed more lives than war, famine and pestilence combined." But the terrors of these old fierce remedies, are positively revolting

What pen or tongue can ever portray the agonies, the sickness and death occasioned by a false system of medication ? How many beautiful forms are needlessly laid low before they have fairly entered upon the duties of life. Let us glory, then, in our diviner and more potent remedies — our sweeter influences which float down upon us from the sky, from the water, from the fruits, and from the loveliest objects of the earth around us.



Fig. 1

5. *Refined forces are more Pleasant in their application than coarse or rude ones.* Notice such remedies as the application of red hot or white hot iron to the quivering flesh of the sufferer, the blisters, the setons, the rude efforts to create action. A far more useful and effective action can be aroused by a magnetic hand, which gives a delightful sensation as it glides over the skin and awakens a rosy glow and life. Sunlight can rubricate, and even vesicate the skin, without causing much pain, or without leaving any permanent scars, like those formed by sinapisms, moxas, lancings, etc. Many a tumor, which under the old system is cut out without even reaching the cause, is destroyed by concentrating the light upon it through a convex lens, or by scattering it by means of magnetism, and then passing it off through natural channels. The coarse method is to transfuse blood from one person to another ; the refined and pleasant method is to transfuse vital magnetism from one to another, and in this way to build up the blood on natural principles. The coarse way is to give drastic purgatives, violent emetics, hypodermic injections, leechings, etc. ; the refined way is to give delicious fruits, small doses, food medicines, baths, manipulations and soothing color forces. The two principles may be illustrated as follows : a blow from a spade, would make a painful bruise ; the fine edge of a razor would cut equally deep with far less pain ; the more refined element of electricity would go into the flesh with but slight sensation, while the still more refined element of psycho-magnetism will go all through a system in many cases without the consciousness of the patient or with a pleasant and soothing sensation.

6. *Fine Elements are more Abundant and Less Expensive than those ruder drugs which many of the heroic school doctors think so essential,* as we have them from the sky, in the form of light, a free gift from heaven, from air and water with their electricities, and from the

touch of very many human beings. In other words, the divinest things are furnished by nature in great abundance for human good, but the mass of mankind are still prone to reach after and struggle for that which is difficult to acquire and hurtful when obtained.

VII.—RELATIONS OF PSYCHOLOGICAL FORCES.

Like everything in organized nature, force works on the law of progression, a coarse force being animated by a finer one, and this again by a still finer one, and so on until a power so refined is reached as to take the direct impress of spirit.

1. **Illustrations.** The general divisions of nature on an ascending scale are Solids, Liquids, Gases, Ethers, and Spirit. But a coarse force cannot act on a very fine one, any more than a coal seive could sift flour. The intermediate steps must be passed through. Thus, in the human system such solids as bones are moved by semi-solids called muscles; muscles are animated by such a liquid as blood; blood and muscles are kindled into action by the vital electricities and nerve ethers, and these again by the still finer spiritual potencies. In the exercise of the mind on the physical system, the will power starts the spiritual forces into action, these kindle the nerves and vascular electricities, which, in their turn, animate and move the blood and muscular tissues until a new life takes place.

2. **Mental Forces.** Drs. Brown-Sequard,* John Hughes Bennett, and a hundred other medical dignitaries, will tell us there is no such thing as a fine, ethereal fluid called animal magnetism, because *imagination* and the *will power* can produce remarkable results, such as vomiting or sickness, or rush of blood to the face, etc. Our medical men are mere tyros in the laws of force, or they would know that the mental activities can produce such effects simply because there is a subtile magnetism which is fine enough to receive the impulsion of spiritual forces and be sent thereby to any part of the system.

3. **A resolute Will Power** can often electrify the whole system, kindling the nerve ethers and the blood, and thus awakening a new life power which is able to eject impurities and prevent the stagnation that causes so much disease. Merry laughs and impulses of joy start a harmonious play of the vital forces, hence the importance of recreation and congenial employment. A magnetist informed me that for weeks he manipulated his lame knee without results, but concluded to fasten his will upon the knee while treating it, when an immediate and decided improvement took place.

* Dr. Brown-Sequard, I learn, took a more correct position some time before his decease.

4. **This Progressive Law of Force** demands that we avoid abrupt or violent changes or transitions from one condition to another, except in cases of great emergency. Thus, in giving up wretched habits, like that of indulgence in opium, tobacco or ardent spirits, some other stimulus should be substituted for a while in their place, such as vital magnetism, or sunbaths, or something animating to take internally, at the same time, processes should be adopted for cooling the epigastrium and soothing inflammable conditions. For treatment of these and other diseased conditions, see other parts of this work.

5. **Psychology** is the science of soul forces and their action in controlling other people as well as one's self. Persons who are strongly charged magnetically, and who possess a strong will power, can in some cases send out those currents of magnetism that will control the very motions of sensitive people many miles away, or enter their brains, and even control their thoughts, for the time being. A noble-souled man or woman, possessing this power, can do great good in breaking up bad habits and bad mental conditions in other people. A gentleman in New York has cured many people of the love of intoxicating drinks by simply being with them, without even mentioning the subject, and this no doubt from his own strong aversion to drinking habits. Those that are posted in these finer laws know very well how men of bad propensities who are thrown together in a jail, or deranged people, who dwell in each other's atmosphere in a lunatic asylum, or boys of a somewhat wild tendency at a school or college, all tend to intensify each other's bad traits, and cause them to do or say things which they would abhor at other times. A magnetic and genial person will throw a cheering and healing influence on all around him, especially on those whose temperament may have some contrast with his own. A Boston merchant holds fifty men under his magnetic control, and they never cross his wishes. A New York merchant often silently wills one of his clerks to come to him or go elsewhere, and he obeys. Persuasive arguments in connection with the will power of course increase the psychological control. To develop the finest psychological power, it is necessary to be more or less with magnetic people, to take an abundance of sunlight and oxygen and wholesome food, and to cultivate a genial and loving spirit combined with a decided self-control. (See *Principles*, p. 464.)

6. **The Dangers of Psychology** occur when people are persuaded to do a thing contrary to reason; when persons of the opposite sex throw a spell over each other, and drawn on to the marriage altar although there is not a proper adoption of elements; when parents, who are trained in some religious or medical or political rut, rear their

children in the same narrow and perverted channels; when some pleasing man of strong passional nature throws a seductive aura around a woman who is more negative, etc. To avoid such dangers, one should aim to build up as strong and healthy a system as possible, and in case of an undue influence being felt, should be positive, and even indignant if necessary, or should leave the room. However, it should be remembered that one may throw a strong influence over another without the least desire to do so, or without any wrong intention. (See *principles* p. 482.)

7. **Self-Psychology** is one of the grandest of agencies for subduing disease and developing self-control. When we have gained self-control, we shall soon be able to control others and be powerful for good. But this subject will be explained more fully under the head of Statuism or Self-Psychology.

VIII. DISEASES THAT COME FROM EXCESS OF THERMISM

These are Neuralgia and other acute nervous conditions, Inflammations Cancerous Tumors, Fevers, etc. One class of thermal diseases manifests too much redness, another class has too much of the yellow principle.

1. **Neuralgia and acute Nervous Conditions.** Neuralgia results from that depolarization of the substance of the nerves or that loss of vital force, which interferes with the strong and even flow of the nervous fluids, causing thereby blockades and electrical tensions which are ever bursting over in irregular and darting streams that give the most severe pain. Other acute nervous conditions result somewhat from the same law, also from a deficiency of the nerve fluids. Dr. George H. Taylor of New York in his work on Massage says: "Pain is excess of energy of nerve centres." On the contrary, it is more apt to be a lack of energy. If a person possesses a full tide of life the nerve fluids will be so strong that they will sweep away all obstructions and polarize the nerve substance into continuous lines. This depletion and perversion of nerve force results from the following causes, a lack of good, nourishing foods, or the exercise that will help digest them, or a deficiency of pure out-door air and sunlight, or from inactive, sedentary habits, or from giving off the forces to those around. Many jarring conditions are also brought about by those who are too widely diverse in their tastes or too nearly alike in their temperaments; also by the irregular vital action caused by disease; by the pressure of the blood-vessels upon the nerves in cases of inflammation; by not sleeping in harmony with the direction of the earth's electricities; by mental grief

and disappointments and over-pressure of cares and burdens; by inflammatory conditions of the phrenal and spinal and nervous channels themselves, etc., etc.

2. **Remedies for Nervousness**, which have permanency of effect, must include a change of conditions, as signified above, as far as practicable, the partaking of larger amounts of oxygen and sunlight, the meeting of congenial friends, keeping the sexual system under control, sleeping with the head to the north, sitting in blue or violet light receiving the magnetism of persons of calm and cheerful habits, having a magnetic hand passed a number of times from the head down the spine and arms, even to the feet when convenient, or holding the right hand on the back of the neck and the left on the lower spine, and especially receiving blue and violet light as they come through blue glass, or drinking water charged by the same colors. (See *Chromopathy*). Of course a general good condition of the system is necessary, and if there are any local diseases, especially in the midst of important nerve centres, such as irritation of the epigastrium and stomach, uterine excitement or misplacement, or spinal trouble, they must be corrected before nervous harmony will prevail. Neuralgic and general nervous conditions will need warm rather than cold water, although a finer grade of cool principles, such as blue and violet light, are generally highly effective; and such an affection as neuralgia of the face may be greatly mitigated by repeatedly dipping two fingers in cold water and placing them in front of the ear, which is nearly over the starting point of the tri-facial nerve. For fuller details concerning the treatment of Nervous and Mental Diseases, see Parts Third and Fourth.

3. **Inflammations**. An excess of arterial blood, especially in connection with gross, unassimilated elements develops diseases which throw out red eruptions, rash, virulent boils, and most acute inflammations. Diseases which develop yellow eruptions, as well as conditions, in which yellowish pus is prominent, often result from a dormant condition of the liver, as well as from those foreign particles of matter which obstruct the nutritive processes.

4. **To Cure Inflammations Caused by Excess of Arterial Blood**, blue or cold elements are required, the blue, as we have already seen, being the chemically harmonizing principle of the red, hence the light which is strained through blue glass, or by means of a blue chromo lens focused upon the part inflamed, or a cloth rung out of blue charged water, and

* By *blue-charged* or *blue water* is meant water that has been medicated by being exposed to sunlight in a blue bottle or in a hollow blue lens for some time; by *yellow charged water*, that which has been exposed in a yellow lens etc. (SEE CHROMOPATHY).

bound as a compress over the part affected, or blue charged water taken internally, if the inflammation affects the throat, stomach or bowels, will all have an admirable and sometimes a marvellous effect. In the absence of blue-charged water, a compress of ordinary cold water will be useful, though less effective and enduring than the blue water (see VI., 2, 3). While it is the regular law to check excessive thermism by cold and electricity, yet the principle of *adaptation* should ever be remembered, and if a person is already pale, feeble and cold over the general system, a hot fomentation can be placed, with advantage, over the inflamed part, to scatter the heat, on the law which declares that "similar repel." Extremely cold and wet applications should not be used on parts that are very sensitive, such as the eyes, the uterine organs, or the heart and lungs while excitable, for the blood and contractive force must not be driven in upon an excitable heart too suddenly by any kind of coarse electricity, whether it be that of cold water, a galvanic battery, or an administration of chloroform. The blue and violet rays of sunlight are, however, sufficiently refined, I believe, to use in the most irritable conditions of the eyes, ears or heart, and work like a charm in controlling excessive menstruation, or hemorrhage of any kind. Acid fruits and other cooling foods generally should be used, while meats, eggs, oysters, peppers and other exciting elements should be avoided. For the treatment of such eruptive diseases as small-pox, measles, scarlet fever, erysipelas, etc., it should be remembered that there is a virus connected with them, and that if cold water, or even cold air is applied externally, there is danger of driving it inward to the vital organs, and thus bringing about the fatal termination which is so common under the ordinary practice of the day. In case of sunstroke, apoplexy, fainting, rush of blood to the head, it is a fearful mistake to put ice or cold water to the back head and cervix. These should be put freely to the face, forehead and temples, to *repel* the blood from the cerebrum, but water as hot as can be borne should be *poured* over the occiput and cervix, to *draw* the blood from the front. For fuller treatment of these diseases, see elsewhere.

5. **To Cure Yellow Conditions** that come from a dormant liver in which the bile is not properly secreted, but is scattered all through the blood, yellow light should be thrown over all those parts and ambero drank. (See p. 65.) The avoidance in foods of carbon in the shape of fatty substances, and other heating elements is desirable. In case of that yellowness of the skin that comes from a bilious condition, a hand bath over the whole body, of acetic acid diluted from six to ten times, or of lemon juice diluted somewhat, would be very valuable to offset the bile, which is rather alkaline in its character. To prevent the tendency to

ulcers and the formation of pus, it is evident that the liver and spleen should be made active, so that the proper blood corpuscles can be formed, and that an abundance of oxygen and sunlight be indulged in.

6. **Fevers** result from the over action of the muscles of the heart which, contracting too frequently, send the arterial blood in all directions, and thus give a burning feeling to the whole system. Thus far the true philosophy of fevers and the pulsations of the heart seem never to have been given. Farther along the periodicity of the heart's pulsations will be explained. It will be shown there that when the blood is made impure by a surplus of carbonic acid, it becomes too blue and electrical, and being electrical, it must necessarily be contractive in its nature, so that when it reaches the right auricle of the heart, the contractive forces burst over and make the pulsations too violent and frequent. This overaction of the blood, as it rushes through all parts of the body, causes the extra heat, which we term fever, and the over-working of the muscles of the heart naturally tires it out and weakens the whole system. At that place also it will be shown how the blood comes to be charged with so much carbonic acid by means of an inactive liver, which cannot make sufficient glucose to secrete the carbon, hence it goes forward to the heart in the form of carbonic acid. Thus we see that the liver is a great objective point, a power behind the throne in all vascular action, although our medical friends seem to have misunderstood the chemistry of these forces. From this it appears, that fevers, though thermal in themselves, come really from excess of electricity.

7. **The Law of Periodicity in Intermittent Fevers**, and the cause of the alternation of chills and fever will be explained in Part Fifth of this work. There it will be shown that the spleen, acting as the electrical end or north pole of a bar magnet, and the liver as the thermal or south pole of the same, set into action those oscillations of the warm and cold forces between the cerebro-spinal and the sympathetic nerve systems which give the sensation of chills at the surface while there is great heat in the interior system, and *vice versa*.

IX. DISEASES THAT COME FROM EXCESS OF ELECTRICAL ELEMENTS

These are seen in the nervous system in paralytic conditions; also in the vascular and lymphatic system, in which cold and congested elements tend to block the wheels of the life and bring about nervous diseases.

1. **Excess of Nervous Electricities** prevails when the nervous forces do not have a sufficient stimulus of thermism to keep them full of life, and so the channels of the motor nerves become clogged in a way

to produce *paralysis*. Some times this clogging process is caused by pressure of swollen blood vessels upon the nerves, clots of blood in the brain, etc.

2. **Excess of Vascular and other Electricities** is seen in too inactive a state of the venous blood, which gives a pale or bluish cast to the complexion, causes that sluggish movement to the capillaries and elsewhere, which leads to congestions, hard and chronic conditions and chills; dormant liver, and, consequently, excitable pulsations and fever; uræmic kidneys, and, consequently, dropsical affections; inactive spleen, and, consequently, all the greater tendency to malarial fevers; dormant stomach, duodenum and mucous membranes, and, consequently, imperfect nutrition; clogging of the capillaries, and, consequently, rheumatic affections; inactivity of the secretions of the liver which cause a scant amount of bile, and, consequently, hardened faeces and constipated bowels; a sluggish condition of the kidneys which fails to strain off the uric acid properly, and hence, leads to the formation of calculi; too much of the white blood corpuscles as compared with the red, consequently, anaemic, and scrofulous conditions and excessive deposits of lymph; too inert a state of the pulmonary organs, which induces a clogging of the vesicles with impure blood, thus forming an inviting soil for those parasitic germs, called bacilli, that have lately been shown to be so disastrous in affections of the lungs; in short, too cold and negative a condition of the whole system, which leaves it over impressible to all surrounding influences and too easily overcome by adverse circumstances.

3. **Treatment of Paralyzed Nerves.** To rekindle the action of the nerve ethers, and to open up the depolarized or clogged nerve channels, three styles of force are more potent than other known agencies; first, the application of a warm, magnetic hand over the leading nerve centers and limbs; second, the focussing of yellow-orange light over these nerve centers; and, third, the application of hot water, or other hot substances, to the same places.

To apply vital magnetism for the purpose, let the hand not only rest on and warm up the back brain, cervix and lower spine, but move downward in harmony with the direction of ethers along the motor nerves (see Ch. III, 5), which pass from the brain or spine, to arms, legs, etc. In case sensation, as well as power of motion, should be lacking in any limbs, that would go to signify that a pressure of excited blood upon the nerves, both motory and sensory, was taking place and shutting off the nerve forces; to offset this and clear up the channels, upward passes should be made during some treatments, and downward movements at others, the capillary fluids moving toward the heart and the sensory

nerve ethers moving toward the brain and spinal cord, for which reason both require upward movements of the hand at certain times (see Vital Magnetism). To focus the yellow-orange light upon the medulla and cervix of the upper spine, or on the lumbar or sacral plexuses of the lower spine, the chromo lens or the chromo disc will be good (see Chromopathy), though a power of the same kind can be gained by the common amber-colored sheet glass in the instrument called the thermolume. For the method of pouring hot water over the occiput and cervix, and warming the lower spine by hip baths, see Hydropathy. For treatment of paralysis and other nervous conditions, see Part Fourth of this work.

4 Treatment of Cold, Chronic Conditions. Cold, dormant conditions, paleness, muscular weakness, resulting from too much blueness and inactivity of the venous blood, and lack of redness in the arterial blood, sluggish action of the visceral organs, etc., should be kindled into activity by every warming and animating influence, such as manipulation by a warm magnetic hand with plenty of upward and transverse movements to awaken the capillaries, unless the nervous system is too excitable; full sun baths on the whole bare body, excepting the upper head, varied also by light strained through red or red-purple glass; the use of red underclothing next to the skin; abundance of oxygen and out-of-door air, drawn, if possible, always through the nostrils; sweat-baths and hot water baths, ending with cool sponging off; hot packs; fomentations, or hot rubber bottle applications to stiff, or cold, or congested parts; Turkish, or Russian, or still better, the thermolume sweat baths, with the system well cooled afterwards; friction with flesh brushes, or rough towels, over the whole body; movement cures; pounding and spitting of the body and exercise to start the blood into fine play; merriment, laughing, recreation, moderate dancing, or moving around hand in hand with congenial persons; warming and nourishing foods, with a little cayenne pepper or mustard mixed in if the stomach is not too irritable; a resolute use of the will power; a great effort to love and care for others in a way to draw the forces outward and away from self; use of the electrical battery if the system is not too excitable, with the negative pole higher up on the body than the positive; moderation in the use of the sexual system; the avoidance of all private abuses; reading and conversing on cheerful topics as far as possible, etc.

The use of alcoholic beverages, as warming influences is a mistaken idea, being a poisonous style of thermism. The first effect of liquors is to stimulate and warm the blood, especially that in the brain, which does not need heating, and which, by such violent influences, is apt to

become congested, and thus stupefied. Ossian E. Dodge, the well-known singer, and a strict temperance man, was able to endure the cold of Mount Washington better than any of the other members of his party, all of whom partook of alcoholic stimulus; and Dr. Wm. B. Carpenter signifies in his *Physiology*, that experiments in Greenland have shown that alcohol does not enable men to endure cold.

X. THE HUMAN BODY CONSISTS OF NUMEROUS MAGNETS GALVANIC BATTERIES AND ELECTRICAL COMBINATIONS.

All worked by the most exquisite spiritual and chemical forces, and arranged in every part into positive and negative poles.

1. **Human Magnets.** The arms constitute a horse-shoe magnet, the right hand being the north pole, and the left, the south pole; the legs constitute another magnet; the fingers and toes a series of magnets. The human head is a compound magnet, the most prominent north pole being at the forehead, the principal south pole at the occiput. The liver and spleen, with their connections of nerves and blood vessels, constitute, as we have seen, a bar magnet, with the north pole at the spleen, the south pole at the liver, in other words, the stronger electricities flow from the right towards the left side, or just opposite to the usual direction of the magnetic electricities in the more external portions of the body, which is from the left to the right side. The right and left kidney, also the duplex portions of the sexual system, with their connecting tubes of nerves and blood vessels, constitute electro-magnets, and are kept in activity by the galvanic and other chemico-vital processes, to be described in the following paragraphs.

2. **Galvanic Batteries and polarized Centres** of the Human System. The *Brain* is the great central Galvanic Battery of the nervous system, its electricities being generated by numerous troughs and cells, its principal trough being the spinal column, its larger cells being the ganglia of the cerebrum and cerebellum, its smaller cells being the ganglia of the sympathetic and sensory nerves, while its conducting wires are the nerves and nerve fibres themselves. The *Heart* is the central galvanic battery for the vascular system, in which a coarser grade of forces is brought into action, having electrical troughs in the form of veins, and cells in the shape of such centres of blood as the brain, lungs, liver, stomach, spleen, kidneys, etc., and wires in the shape of capillaries, and the smaller blood vessels. It is exceedingly important that the blood should be kept well supplied with vitalizing and active principles so that the electrical life-ethers may be attracted briskly through all its channels.

3. **Chemical Combinations** rule in all parts of the body. We have seen that one important arrangement of chemical forces is caused by the union of the thermal red with the electrical blue, and this is exemplified in almost every function of the body; thus, the blue venous blood and the red arterial blood work together in the right and left side of the heart; the bluish-white interior fibrous matter of the cerebrum lies right up against and inter-blends with the cellular reddish-gray exterior matter of the same; and as this junction must be the point of the greatest chemical activities, from the fact that the sensor nerves from all parts of brain and body convey their forces there, we may deem it the true *sensorium*. By saying this, I of course do not signify that thought, sensation, consciousness, etc., result merely from chemical action, but from spirit as a quickening principle in connection with chemical action. In Fig. 2 the bluish-white corpus callosum lies against the reddish-gray great superior ganglion F, which in turn lies near the great inferior ganglion E; the cerebellum L, like the cerebrum M, M, has reddish-gray cellular matter on the outside and bluish-white on the inside, although this white interior is interspersed with reddish-gray lines in a way to make it resemble a tree, and is called the arbor vitae. The spinal cord ends off at the top with the medulla oblongata A, which is bridged over above by the pons varolii B, and all three of these reverse the order of the brain, having the colder bluish-white on the exterior, the reddish-gray in the interior. From each ganglion of the great sympathetic nerve that runs along the whole interior system near the spine, two nerves pass to the spinal nerves (see Fig. 3) one large and reddish-gray, the other bluish-white

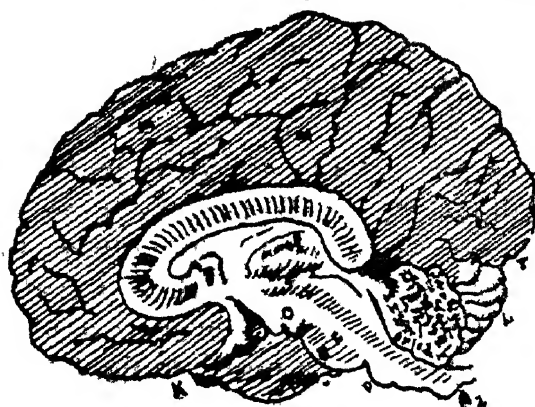


FIG 2.

Cerebrum, M, M; Cerebellum L; Medulla oblongata, A.
The Corpus Callosum, H.

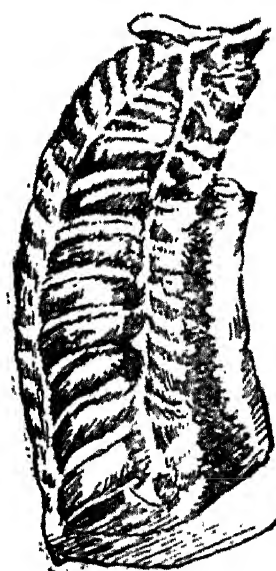


FIG 3

Fig. 3. The Thoracic portion of the great sympathetic nerve and its ganglia; 1 is the first thoracic ganglion; 2 is the last; v, first rib; c, 11th rib; a, aorta; 3, great splanchnic nerve; 4, lesser splanchnic nerve; 5, renal splanchnic; 6, part of brachial plexus.

The bluish white nerves are more directly those of *motion*; the reddish gray, those of *sensation*. It is quite common for the interior portion of the sympathetic ganglia to be yellowish-gray instead of reddish-gray; so it may be supposed, in harmony with chemical law, that some violet elements must co-operate with such.

Thus we see that all through the system we have the bluish-white elements answering in the place of the zinc plates in the galvanic battery, and the reddish or yellowish elements answering in the place of the copper plates. In this way we get a brisk play of the ethers through chemical action, and so the system is kept full of heat and life. Even the skin and the serous membranes have a certain amount of acid, while the mucous membranes are more especially alkaline, and this adds a quickening principle to the whole system. For an explanation of the poles of the system, see "Principles of Light and Color," Tenth Chapter.

4. **The Philosophy of Sensation.** So far, then, everything goes to prove to us that electrical and thermal forces rule everywhere throughout nerves, veins, arteries, tissues, etc: and that even those spiritual forces which underlie and quicken the whole, work in harmony with chemical law, which always requires electricity and thermism. But our physiologists declare positively that nervous force is not electricity. Why? Because it will not move the galvanometer. This comes from the fact that they are ignorant of the whole nature of electricity, so far as basic principles are concerned. They have not learned that electricity consists of many grades, and that the coarser grades mainly are used in galvanic and frictional electricities. The finer vital and psychic electricities can no more be measured by the galvanometer than the heat at the south pole of a magnet can be measured by the thermometer.

To produce conscious sensation, the nervous ethers must make a complete circuit, passing from the point of the body affected through the sensor nerves to the brain, and back through the motor nerves to the starting point. Motor nerves, when acting normally, always carry the ethers *from* the brain, sensor nerves, *to* the brain. It may be asked, why do not these ethers which produce sensation cause contraction of the muscles, if they come back through the motor nerves? Because, evidently, the sensory forces are more strongly thermal than electrical, and heat, of course, cannot contract anything. Sensory nerves, like motor ones, have channels for heat and cold forces. To make this law of sensation clearer, let us suppose that we prick the end of a finger. For two reasons sensation is keener there than elsewhere; 1st the tactile corpuscles are more abundant, 2nd, electrical tension is always greatest at points.

The prick will send the ethers excitedly along the sensory nerves of the arm to the brachial plexus and spinal column. Just before reaching the spinal column they will be fired up anew by passing through the ganglion at the posterior root of the spinal nerve. But physiologists have discovered that after reaching the spinal column some of the sensory nerve fibers pass on up to the brain, while others pass downward along the spine, and thus deflect the currents so that they reach the original starting point and cause sensation there, and not at the brain. In producing a galvanic circuit, it is known that the principal irritating sensation does not result from the positive or efflux pole, but at the negative end where the forces strike after completing, or nearly completing, the circuit, hence if the sensor currents should stop at the gray matter of the brain, as is sometimes supposed, it would be felt there, and not at the starting point. In such a case terrible and dangerous wounds might be inflicted upon us, and we should not know by the feeling where to locate them. If we should take the effect of the nerve forces to the spine, and not to the brain, we should have *unconscious sensation*, or, at least, a very indefinite effect.

5. The function of the Special Senses of Sight, Hearing, Touch. Taste and Smell are all exerted by aid of thermal and electrical currents of the system, working through chemical law. The most refined of these, the *sight*, is acted on by others only; *hearing*, the next in refinement, is produced by means of ethers and the atmospheric gases; *smell* deals mainly with gases; *taste* with liquids, or semi-solids, and *touch* with solids, liquids, gases and ethers.

The organ of SIGHT deals with luminous ethers in the form of light and color, through the medium of which the universe is revealed to man. In my "Principles of Light and Color," Chapter Eleventh, I have adduced numerous facts to show that there are thermal elements in the retina which attract chemically and receive the electrical colors of light, and also electrical elements in the retina which attract and appropriate the thermal rays of light; thus, blue elements in the retina receive the red rays; the red elements of the retina receive the blue rays; the violet elements in the retina receive the yellow rays, and so on; and these luminous ethers send their impressions of forms and colors to the sensorium in a way to produce the marvelous phenomena of vision. Herr Salzer estimated, before the Vienna Academy, from enumeration, that there are 438,000 nerve fibres, and 3,630,000 retinal rods and cones in the human eye.

Hearing is accomplished ordinarily by air waves striking on the tympanum, and especially by electrical and thermal ethers, which go

far beyond the tympanum into the interior portions of the ear, sent forward by vibratory action in connection with gases, liquids, sounding boards, bones, etc., until the cochlea, the presiding genius of sound, is reached, and its impressions conveyed to the auditory nerve, and thence to the sensorium. The wonderful scales of the cochlea, consisting of about 3,500 outer and 5,200 inner rods of corti (Flint), constitute a harp of over 8,000 cords of constantly increasing length, so that every grade of musical tone may have an answering element that shall communicate to human consciousness an exact perception of pitch. The fact that sounds may be communicated to an ear which is under water, or telephoned hundreds of miles through wires, shows that the central principle of sound does not consist of air waves, but of some ethereal fluid which is finer and swifter, although the air is a necessary assistant, and its waves can modify musical tones.

The sense of **Smell** deals, as I said, with gases, and yet on these gases or atmospheric currents are borne the minute particles of different substances such as the emanations from flowers, from ammonia, from aromatic plants, from diseased persons, etc. These particles, flowing into the nasal passages, find their peculiar chemical affinities in some portion of the mucous membrane or epithelial cells, to which they are attracted, and their impression is carried onward by the olfactory nerve, which has three roots, side by side, the middle one being reddish-gray and the outside ones bluish white.

The sense of **Taste** is generally supposed to be produced solely by the different kinds of papillae on the upper or dorsal side of the tongue. By experiment, however, it can be proved at any time that fruits and other edibles have but a feeble taste unless they are converted into a fluid or semi-fluid form and then pressed between the tongue and the roof of the mouth. Take a cherry or grape and break the skin so as to let the juicy pulp come against the tongue, while the unbroken part comes against the roof of the mouth, and the peculiar taste of the fruit is almost entirely wanting. Why? Because the electrical circuit is broken, the skin of the fruit acting as an insulator to prevent the current from passing between the tongue and the roof of the mouth, on its way to the brain and back again to the tongue. One reason why food must be changed into liquid form before we get its full taste, is, that liquids are better conductors of electricity than solid foods. To prove that the sensation of taste may be caused

* For illustrations of the fallacies of the undulatory theories of force, see the author's "Principles of Light and Color" pp. 84, 88, 409, and for an overwhelming setting forth of their fallacies, see "Problem of Life," by A. Willford Hall, New York.

by electricity, place a silver coin under the tongue and a copper coin above it, and then allow the edges of both to meet, so that the circuit may be complete, when the sensation will occur immediately. On the tongue there are three general sizes of papillae, the large circumvallate, few in number, the medium size fungiform and the smaller conical and filiform. From what we know of chemical affinity, we may conclude that the redder portions of the tongue, such as the fungiform papillae, will attract to themselves the blue elements of food, such as acids and other cooling properties. On the other hand, some of the smaller papillae will be observed to have a pale or bluish cast, and these would naturally attract thermal elements, such as carbons, alkalies, sweets, peppers, etc. When the taste is not perverted by a love of artificial stimuli and over rich diet, the chemical forces of the system will generally call for such foods as are most needed, and the demands of taste should be heeded. Food that is wholly unpalatable will not call forth the saliva and digestive processes sufficiently, and so nutrition is not carried on properly. At the same time we should psychologize ourselves into liking foods that are known to be nourishing and useful to the system, and into disliking foods that give distress to the stomach.

The sense of feeling or **Touch** is explained under the head of *sensation*.

6. Seeing, then, that all the senses, and, in short, all the functions of the system and the processes of life are carried on through the activity and unimpeded flow of the vital ethers, both electrical and thermal, we should learn the great lesson of the necessity of keeping ourselves charged up with plenty of sunlight, the oxygen of pure air, vital magnetism, electricity in its various forms, hot and cold water, exercise, friction, movement, nourishing food and a careful and earnest use of the will power.

7. Our **Physiological Scientists** have failed to understand the laws of the more refined grade of chemistry, from their general habit of dealing only with coarser elements. Those who go beyond them and penetrate the mysteries of which they are ignorant, are apt to be called cranks or charlatans. Real science must go to the basis of things and apprehend those subtle forces which are the ruling power. The fluorescent or odylic light, often termed *X rays*, are already proving to these slow scientists that there is a power so fine as to enable one to look through and through human systems and reveal new secrets of being. At last they should begin to perceive the wonderful nature of clairvoyance and psychometry.

XI. THE DIFFERENT TEMPERAMENTS.

The human body may be arranged naturally under five general divisions, namely, the *Mental*, the *Vital*, the *Muscular*, the *Nutrient* and the *Structure-Forming*. To understand these is of great importance in the philosophy of life, and I shall hope, briefly, in the following, to give some of the underlying principles in connection with them which have not heretofore been presented.

The **Mental Temperament**, sometimes improperly called the **nervous**, results from the activity of the functions of the cerebrum, caused by the brisk flow of ethers through the sensory nerves to the gray matter of the brain. When this temperament is largely developed, these ethers are especially fine and swift, and, working in connection with the phrenal convolutions, produce mental activity, so that even a small brain may be as powerful as a much larger brain with a slower temperamental action. Other things being equal, however, a large brain has a greater intellectual grasp than a smaller one, just as a large muscle has more power than a slender one.



FIG. 4

Mrs Caroline Gilman.

When this temperament is predominant, the forehead or upper head are generally large as compared with the lower face and neck, as seen in the case of Mrs. Caroline Gilman, the poetess (Fig. 4), and such a condition is apt to draw the forces of the body to the brain and render the vital action weak. This temperament tends to fineness and paleness of skin and quick nervous sensibilities, and if made extreme by over study and too much activity of the brain, the features will become thin and unsightly, as in Fig. 5, which I take from a publication of Fowler and Wells. Such a one should be taken from her books and from her school, and be allowed to roll hoops and play out of doors in the air and sunlight, or she will soon be forced to lie in a much darker place where sunlight never comes.



FIG. 5

The mental temperament is manifested in especially two ways, first in the height of the upper head, and second, in the frontal prominence of the forehead. In another place, I shall attempt to show why it is that some heads, under a fine and expansive grade of mental ethers, are raised into a high and noble appearance, while others, under the influence



FIG. 6.—Sir Isaac Newton.

of ethers which are keen but less fine, are projected forward well over the eyes. The high forehead and head may be called the *religio-mental* system, as religious and spiritual aspirations are generally active, and it naturally and easily understands the spiritual and other refined potencies of the universe. This style is very fairly represented in the portrait of Sir Isaac Newton (Fig. 6), one of the greatest scientists of the ages. He could look more or less beyond material conditions ruling in and through all things, and by his intuitional intellect was led into his grandest discoveries.

The horizontal development, in which the frontal region projects well over the eyes, may be called the *Ratio-perceptive mental system*. This is not necessarily very high, though it gives an acute perception of material phenomena, but finds it almost impossible to understand the finer forces and the spiritual realities of the universe. This is the type of the modern scientists, including such heads as those of Faraday, Huxley, Haeckel, Tyndall, Mayer, and scores of others who although they are doing an important work in the world, cannot raise much above the visible and the tangible, and so fail to get at the soul of things or understand the basic principles of force.



Fig. 7.

Prof. J. Tyndall, F. R. S.

This would not be so objectionable, if they would not be so free to condemn as fanatics, visionaries, etc., those who have a quicker perception than themselves of these diviner realities. Fig. 7 presents the head of Prof. Tyndall, the eminent scientist, as a type of the scientific heads of this age. The true philosopher of the future and the man of all sided-power will combine the frontal and coronal and lateral and occipital and basilar development which will enable him to appreciate both this world and the next, and possesses that quick intuition by means of which he shall know how to use simultaneously both deduction and induction in his pathway to truth. Fig. 8 is a portrait of the Rev. Dr. Rheinstadt, a

scholarly recluse of Switzerland, who has evidently cultivated his spiritual and reasoning faculties so incessantly as to dry up his physical forces, as signified by his diminutive lower face. The perceptive powers, which are located along the eyebrows, are in his case small and sunken as compared with the reasoning faculties above them, and show that he has had too little contact with the outer world around him. Such a man may be a metaphysician, but not a true philosopher.



Fig. 8.

For excessive development of this temperament, walking and other out-of-door muscular exercises are important, as well as plenty of sleep with head to the north. To remedy excessive nervousness, see Ch. VIII., 1, 2.

2. **The Vital Temperament** comes from the activity of the arterial system, just as the mental temperament comes from activity of the sensory nerves; in other words, the one is developed by the most active and thermal style of blood force, while the other is developed by the most excitable and thermal style of nerve force. The frontal brain, especially where the reasoning faculties reside, connects electrically with the cerebellum as its negative poles, and through that, with the medulla oblongata and lungs so that where the reasoning and spiritual powers are strong the tendency is to draw off some of the powers of the lungs, hence great thinkers are not loud talkers or speakers as a rule. But the vital system connects more directly with the heart, having its phrenal manifestation in the temporal regions on account of the blood thrown there by the carotid artery, which, in case of great activity, causes a fullness or widening of the head in front of and above the ears.



Fig. 9. Victoria in 1835

The Vital Temperament being founded on the red principle in the blood, *tends to impart redness and warmth* to

everything, giving a rosy, red or sandy or auburn or light brown hair, fresh, and somewhat rounded complexion, firm, flesh, wide through the temples, strong pulse and generally quick impulses and passions, especially when the basilar regions, including the lower face and neck are made full and rubicund by means of the quantity of arterial blood

thrown there. This temperament naturally develops the red principle as I said, but in one feature, the eye, the chemical affinity of this color is developed in a way to give it a bluish cast, just as in so many violet colored flowers an affinitive yellow forms the center. Queen Victoria (see fig. 9), is a good example of the Vital Temperament.

Here let me say a word about *phrenological development*. In one sense phrenological development is but a phase of physiological action; thus, it is admitted by phrenologists that the widening of the head near or back of the ears signifies destructiveness or passional energy. Is it not easy to see that in case a large amount of the hot, red grade of blood should be poured into each side of the brain through the arteries it must fire up and render a person highly impulsive and active? And is it not perfectly natural to suppose that the greater the amount of blood which is sent there the larger the tissues and the wider the head will become? But space is wanting here to show how the blood and nervous ethers reach the sexual energies through the cerebellum, how the cerebellum acts in correlation with the frontal brain to energize its functions, and how the most refined ethers naturally gravitate upwards, lifting the brain into greater altitude and spiritualizing its functions. In all this we should by no means affirm that all these processes of mental and physiological action are caused solely by material elements, for it requires a wonderful invisible something which we call spirit, as a quickening, modifying principle, before such marvellous manifestations as *thought* or *love* or *consciousness* can ever be evolved.

An excessive vital temperament leads to an inflammatory condition of the system, to violent passional impulses, to love of stimulus, etc., which calls for cooling principles, as explained in Ch. VIII, Para. 4. When this temperament is too feeble and the system needs firing up to energize inactive conditions, the oxygen of the outdoor air, sunlight, especially the red rays, magnetic manipulation and warming foods are needed. A moist climate, especially like that of England, or the sea-shore, gives a rosy complexion, on account of the amount of hydrogen in the air, which hydrogen, as we have seen, becomes potentized by a goodly amount of oxygen. This fact will no doubt account for some of the indomitable energy of the Anglo-Saxon and Teutonic races.



FIG. 10—King Henry VIII.

In Fig. 10, I have given King Henry the VIII., of England, as an extreme development of the vital temperament, combining also the nutrient temperament to be described hereafter. He was a sensualist, and a man of great force of character, but this force ran into brutal fierceness. The religious system needs to be greatly cultivated in such characters.

This temperament has often been called the *sanguine*, which signifies, of course, the *blood temperament* but the incorrectness of this term will appear as I now come to describe the muscular temperament, which is also the product of blood action of quite a different kind.

3. **The Muscular Temperament.** While the mental temperament deals with thermal (sensory) nerve forces, and the vital deals with thermal (arterial) blood, the muscular temperament deals with electrical or motor nerve forces and electrical or venous blood.



Fig 11. General Jackson.

The thoroughly muscular temperament has a yellowish or dark cast of countenance, dark eyes, coarse dark or black hair, strongly marked features, prominent or Roman nose, and strength and hardness of muscles, which give great endurance. It possesses less quickness of action, delicacy of feature and refinement of style than the mental or vital temperament, but is slow, and sure and strong. In Fig. 11, furrowed features of Gen. Jackson give a good example of the muscular system, although the mental temperament also is fairly developed.

But why can the venous blood develop power of muscle? Because it is more surcharged with acids, especially the carbonic, and, acids being electrical, have an especial chemical affinity for the thermal elements that constitute muscular tissue, and attract them from the arterial blood as it enters the capillaries of the muscles. But why does the skin at times have a darker and more yellowish cast in this temperament than in other? Because the liver is more sluggish, and does not secrete its bile very fully, for which reason it flows off into the blood, and is thrown to the surface as a yellowish or brownish principle. For this reason, the old method was to call it the *bilious* temperament, which was to make the lesser feature of the case predominate over the greater. But, it may be asked, Does this emphatic *venous* system, which causes

muscular development, consist of a *large amount* of venous blood? No, but rather of a darker and deeper blue of the veins, caused by being more surcharged with carbonic and other acids.



Fig. 12.
Catherine Alexiowna II.,
Empress of Russia.



Fig 13.— Rev. Geo. Whitefield

Excessive use of strong coffee is a darkening principle of the skin, and tobacco has its influence. It should not be inferred that a dormant liver and dark venous blood are the causes of all brunette complexions, but the carbon and other darkening elements derived from living under a southern sun, as in the case of Spaniards, Italian, etc., are a sufficient explanation of this. These same races, coming into a colder climate, become whitened.

4. **The Nutrient Temperament** embraces the *Digestive* and *Lymph forming* system, and has sometimes been improperly called the *Lymphatic* temperament. Its office is to convert the food into chyme, chyle and lymph, and lymphatic or fatty tissue and blood, and through the blood, both venous and arterial, to furnish the elements which, when passing through the capillaries, are attracted chemically in a way to form muscular tissue, and even bone. If we were to characterize the different temperaments, so far as the nerves are concerned, we should say the mental uses the sensor nerves, the vital uses the pneumogastric nerves, the muscular uses the motor nerves, the nutrient uses the pneumogastric, the vasomotor, and the sympathetic nerves. A *Lymphatico nutrient* temperament gives round and soft features, and sometimes flabby tissues, often presents the flat, or round, or pug nose; the movements will be slow, the muscles weak, the sides of the face somewhat pendant, presenting the double chin appearance, and the complexion oftener light than dark. In this case, both mental and physical action will be sluggish, and the face will present the form of an oval and larger end of which is below and the smaller above. Empress Catharine, of Russia (Fig. 12), has a fair nutrient, and also a fair

vital temperament ; George Whitefield (Fig. 13), had an immense nutrient, a powerful vital, and a large religio-mental temperament, constituting a perfect magazine of spiritual and animal magnetism, by means of which



Fig. 14.—Honoria.



Fig. 15.—Gov. Van Twiller.

he could sway thousands in his preaching. Fig. 14 presents a fair amount of the nutrient and vital temperaments, with the mental temperament predominating, and is given to show that a countenance in which the mental and spiritual forces rule, and the oval of the face has its larger end upward, is more refined and pleasing to a cultured taste than that of the Empress Catharine, which approaches an inverted oval ; while Fig. 15, purporting to represent the Dutch Governor Van Twiller, of our early colonies, and who, in Washington Irving's humorous description of him, ate four hours and slept twelve every day, is a monstrous perversion of the lymphatico-nutrient temperament. Such a system, with its inverted oval face, the fullness of the lower part of which indicates a large abdomen, which has absorbed the brain forces, is a good type of a sensual, scrofulous beer bloat ; and I have placed it by the side of the sweet face of Honoria, that it may seem the more repulsive by comparison.

The lymphatic condition which causes the full pendant or lower face, inverting the oval, is sometimes said to be a sensual development, but it is not necessarily so, unless attended with the floridness caused by activity of the vital temperament ; and even then, may be balanced by a large religio-mental temperament, as in the case of Whitefield.

The fatty tissues of the body being a non-conducting substance, serve to shut in the vital ethers, so that they will not escape, and to keep out the external cold. But being a dormant material, as compared with

the muscles in which the red vascular elements circulate, a lymphatic system may be the colder of the two in some cases, and especially colder than a vital temperament. Americans, stimulated into activity as they are, by a bright sun and the keen, electrical air of their winters, tend to over-activity of the mental temperament, or, rather, to an under-activity of the nutrient, and would be decidedly improved in their power to sleep, and in their nervous control, as well as in beauty of outline, if they could induce a greater amount of flesh. To American ladies especially, will this remark apply, although in vivacity, intelligence, beauty of expression, and elasticity of movement, they possess charms which foreigners have often admired them for.

In another part of this work rules will be given for causing *lean persons* to grow fleshy by stimulating the lymphatic nutrient system through the sympathetic nerves, the vascular system through the vaso-motor nerves and the general gastric system through the pneumogastric nerve. Methods there will also be given for reducing *obesity* by some new and effective processes.

5. The Structure Forming Temperament, or Bone-Building System, is, like the muscular temperament, evidently, the result of the venous blood as a leading factor. I deduced this from two facts: first, a large muscular development is quite apt to have a large frame-work of bones, as in the case of John Calhoun, Daniel Webster, Gen. Jackson, President Lincoln, etc., hence like results argue in favor of like causes; and, second, the principal material of bones, including the marrow, also the cartilage out of which bones are originally formed, belongs to thermal elements, nearly two-thirds of the substance of bones being the phosphate and carbonate of lime,* which last is an alkaline substance; hence, according to the principles of chemistry, it would require electrical elements to attract and segregate such materials; and as the venous blood abounds much more than the arterial in such electrical elements as acids, we conclude it has a predominating influence in osseous formations, though it may seize upon the thermal elements of the arterial blood. Those persons whose children have a tendency to grow too bony, should aim to prevent the venous blood from becoming too dark and sluggish by giving them plenty of the oxygen and pure air in their sleeping rooms, and by causing them to have out-door exercise and play. Soft water is doubly important for such also, as the hard water of limy regions will

* In 100 parts of bone, 51 are the phosphate of lime (calcium phosphate), 11.3 carbonate of lime, and two parts fluoride of lime. About one-third of the substance of bone consists of animal constituents. Marrow being a fatty substance, is mainly carbon.

not only tend to make them too large boned and coarse, but to develop hepatic and renal calculi as they grow up, for the acids in the venous blood are predisposing causes of calculi.

To prevent brittleness of bone, whole wheat flour, oatmeal, gluten etc., should be eaten freely.

6. **Perfection of Temperament** *is a fair combination of them all*

President Adams, (Fig. 16) presents an example of well-balanced temperaments, as also did Washington. Extreme temperamental conditions tend toward insanity. The religio-mental, without the vital and muscular, tends to exhaust the physical powers and make one unpractical in his worldly duties. An extreme vital and nutrient system without the religio-mental, tends to animalism, or to at least a disinclination to cultivate the higher spiritual nature. The disease and insanity that result from the over use of the lower nature are more distressing and violent than those caused by the excessive activity of the higher nature, coarse elements being ruder than refined ones. Conjugal harmony demands that the temperamental onesidedness of the one party should find its complement as far as possible in the other party without having too great a diversity.



Fig 16—John Adams, Second President of the United States.

For a more thorough explanation of mental development see Part Third.

XII. CHROMOPATHY, OR HEALING BY LIGHT AND COLOR.

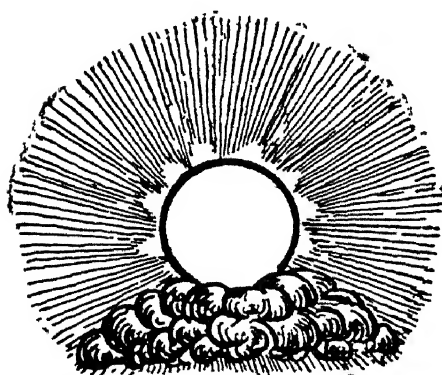


Fig 17.
The Kig of day.

The power of all substances may be made known by their colors in case we ascertain what their innate color forces are. The colors of sunlight, when combined, constitute the ordinary white light, and this streaming down upon all things is the great vivifying and potentizing principle of the animal and vegetable world. Being so mighty in all nature, I concluded it must be powerful also to heal disease, and that the chemistry and therapeutics of color could be formulated into a science. In 1876, I announced pub-

licly my "Etherio Atomic Law of Force," and its application to light, color, and other fine forces, and in 1878, after many experiments and also researches into the experiments of others, I published my large work, entitled "The Principles of Light and Color," in which my discoveries concerning Chemical force, Electricity, Magnetism, Psychic force, and Odylic force, as well as light and color, were announced, and a somewhat extensive array of facts given in corroboration thereof. Since its issue, physicians and others from various foreign nations, as well as all parts of our own country, have sent in hundreds of facts from their experience proving in every case the correctness of the principles therein given, and demonstrating abundantly the great importance of this new department of therapeutics. Some of the general principles of chromopathy will now be given.

I. Light is a Material Substance as well as the result of certain vibratory laws of motion in the atoms through which it passes (see 1, 2, 3), *and each of the colors which combines to form the full ray of light, has a special grade of substance with its own style of power, which is capable of being transmitted as a refined medicine or chemical agent to the human system direct, or into water or other substances which may be taken into the stomach, applied externally to the skin, etc.*

The colored plate at the beginning of the work gives the leading chemical and therapeutical properties of the colors.

2. What I have termed *Electrical* or cold colors, were formerly called *actinic* or chemical colors, the absurdity of which will appear when we remember that the warm or thermal colors are exactly as chemical as the cold ones, for without the aid of these, the cold color forces could not act chemically, and *vice versa*; in other words, substances whose innate forces are manifested in the form of blue, indigo and violet colors, require substances which are active in the red, orange, or yellow potencies, before chemical affinity can take place freely. To be more exact, the red affinitizes more directly chemically with the blue, the orange with the indigo, the yellow with the violet. *See Chemical Affinity*, Ch. III. 1, 3, 4.

3. **Thermal** which is coarser than the red and just below it in the solar spectrum, is the region of greatest heat and is invisible.

4. **The red, yellow and blue** constitute the most distinctive and important colors. The red and yellow, combined equally, form an orange; when yellow predominates it is a yellow-orange, when red, a red-orange. Red and blue form purple, which nearly resembles violet, while yellow and blue form green, it being a blue-green when blue predominates

over the yellow, a yellow-green when yellow is more abundant. The pure violet of sunlight is a more refined element than ordinary purple, but cannot be got in absolute purity by means of any colored glass, though the blue glass, especially mazarine, will transmit a large amount of violet, as well as trans-violet, blue, and some red. Red-purple is more rousing than the blue-purple but is softer than red.

5. While **chemical affinity** thus brings electrical and thermal substances together, **chemical repulsion** causes similarly colored elements to repel and stimulate each other (see Ch. IV, 1); thus red light stimulates a red principle, like arterial blood; yellow light with some orange and red, stimulates the nerves, the interior elements of which are strong in these colors; blue cools the arterial, and intensifies the bluish venous blood, etc. We see then, that chemical affinity helps balance extreme or one-sided conditions by bringing a contrasting color or substance; while chemical repulsion helps kindle into greater action any part which is deficient in intensity. Thus, for the head, where the blood and nerves are predominant, we generally need blue or violet light as a balancing principle; for the extremities, red is generally best; for the thorax and stomach, purple is best; for dormant liver and dormant bowels, yellow and orange; for deficient menstruation, red over the womb; for too free menstruation, blue; for a pale, cold system the red is best, if nervousness is not too great; for arterial, inflammable conditions, blue or indigo is required. Proofs of these positions will be given more fully in after parts of this work, where the treatment of special diseases is given.

6. In **drugs** or **chemicals**, exactly the same law of force as manifested in the colors of sunlight, rules, thus:

Such *red substances*, as Capsicum (Cayenne pepper), red cedar, bromine, the oxide of iron, which are generally bright red, ether (C_4H_6O), and alcohol (C_2H_6O), in which the ruling element hydrogen is bright red in the spectroscope, ammonia and potassa, the spectra of both of which are predominantly red, etc., are spoken of by our medical authorities as being "rubefacient," "arterial stimulants," "raising the pulse," etc.

Such *yellow* or *orange substances* as saffron, valerian, mustard, dandelion, senna, podophyllum (May apple), colocynth, sulphur, figs, gluten, castor oil (yellowish), ginger, etc., which have yellow as the leading color in the spectrum, or yellow and some red, are known to be stimulant to the brain, or nerves of the bowels, liver, stomach, etc. All purgatives or laxatives stimulate the nerves of the bowels, by means of

the yellow as the leading color, although in drastic purgatives, as well as in emetics, diuretics and brain stimulants, a good deal of the red substance is also used as a blood-rousing principle. Some of the yellow stimuli animate the bile, which is a greenish yellow substance, and is itself a laxative.

Such *blue*, or *indigo*, or *violet substances*, as aconite, ergot, indigo, the galls, sulphate of copper (blue vitriol), together with a moderate form of the acids, which have the blue principle of oxygen in them, including sulphuric, phosphoric, nitric, etc., are spoken of as being "refrigerant," "astringent," "antiseptic," "arresting hemorrhage," "narcotic," "allaying spasms," etc. Chloroform (CHCl_3) has the blue-green, blue, indigo and violet strong in its spectrum, and is called "a direct sedative to the nervous system." Tannic acid, though bluish yellow externally, has the oxygen, very strong, and its blue and indigo principle seems to be potentized by the hydrogen in a way to make the substance, as a whole, highly astringent. Aconite, whose flowers are "a dark violet blue," is called "a powerful nervous sedative and anodyne." Opium, which has the red and yellow elements in predominance, and yet being called a narcotic, and sometimes an astringent, may be thought to controvert the principle, but it should be remembered that opium is a narcotic, by over-exciting and congesting the brain, and is an astringent in part by drawing the vitalizing ethers from the bowels to the head, which thus leaves the bowels weak.

7. To Sum up Color Power in Healing.

The *red* is warming and especially stimulating to the arterial blood, and desirable in cold, pale or bluish conditions. It is contra-indicated in inflammable and over-excitable conditions.

The *yellow*, aided by some red (yellow-orange), is animating to the nerves being laxative, diuretic, stimulating to the brain, liver, etc., and especially desirable in constipated, paralytic and stupid conditions. It is contra-indicated in delirium, diarrhea, etc.

The *blue*, *indigo* and *violet* being cooling and contracting, are nervine, astringent, refrigerant, antiseptic, febrifuge, anti-inflammatory, narcotic and anti-spasmodic. They are contra-indicated in cold, bluish and chronic conditions, unless considerable excitability is present.

The *green* is mainly cooling, and much like the blue as strained through ordinary green glass, though the yellow part of green gives some nerve stimulus, good for uterine inflammations, etc. The green may

often be used to advantage over the small of the back and lower spine, in cases of over-sexual warmth and seminal emissions.

The *purple* combines the blood warming red, and the cooling, antiseptic blue, and is excellent for lungs, stomach, kidneys and other parts where animation without irritation is needed. Red-purple is good for a dormant stomach, but blue-purple or blue are best if the stomach is hot and excitable.

The *orange* arouses the nerves and to some extent the blood.

These colors are usually applied externally to the bare body by means of colored panes of glass, or by use of the disk or chromo lens.

8. Power of Sunlight to give Strength.

In order to bring my reader to appreciate this mightiest power of nature, I will have to present a somewhat extensive array of facts, the significance of which has heretofore been too generally ignored by medical men. To understand the real power of the sun, however, we must take those races who go partly or wholly nude in the sun, for in the case of those who wear clothing, especially that which is dark, the solar rays are almost completely absorbed before they reach the body. I have already given a portion of these points to the public through some health journals.

The Dyaks (pronounced Dyahs) of the Island of Borneo, go nearly nude, will walk a white man down and then seemingly as fresh as ever will take him on their back and carry him by the mile. "One of these men while on a march with some English soldiers exhibited his strength in a very unexpected manner. The path was a terrible one, all up and down over steep and slippery hills, so that the Chinese coolies who accompanied the party, first threw away their rice and lastly sat down and wept like children. The English Sergeant, a veteran accustomed to hard marching both in India and China, broke down at the first hill and declared his inability to move another step under the load which he carried. Mr. Brooks, who was in command of the party, asked one of the Dyaks to carry the sergeant's burden and promised him an additional piece of tobacco. The man was delighted with the proposal and accepted it. He was already carrying food for three weeks, his whole store of clothes, one twelve pound shot, two twelve pound cartridges, a double-barrelled gun, a hundred pounds of ball cartridges and his own heavy sword and spear. Such a load, which would be almost too great even for a man walking on good roads, seemed a mere trifle to the agile Dyak, who went lightly and easily up and down paths, which the foreigners could hardly traverse even without having to carry anything except their own weight. So little indeed was he incommoded that he strapped the whole of the sergeant's kit on his back and walked off as easily as if the whole load were but a feather's weight. . . . The native gets over the ground in a manner that is absolutely exasperating to the Europeans who accompany him. . . . The ordinary dress of the men is simple enough, consisting merely of the "chawat" or slight strip of cloth which is twisted around the loins in such a manner that one end falls in front and the other behind."—[*Uncivilized Races of Men* by Rev. J. G. Wood, M. A., Vol. II., p. 458.]

The Andaman Islands are in the bay of Bengal, somewhat east of India. The Andamaners or Mincopies are very small men but powerful and go entirely naked. The paddles of their canoes seem to be ineffective and yet "the tiny Mincopies with these simple paddles and seated in a canoe cut by themselves out of a tree trunk, can beat with ease our best oarsmen. Capt. Monatt got up several races between the Mincopies and his own prize crew in their favorite boat. In point of fact there was never any race at all, the Andamaners having it all their own way and winning as they liked. . . . The sailors were hopelessly beaten although they strained themselves so much that they felt the results for some time afterward."—[*Id. Vol. II., p. 214*]

The *Ahts* of Vancouver's Island have some of the habits of the Eskimos, but being exposed to sun and air by going partly or wholly nude, are incomparably stronger. It is said that when one of them gets a grip on a white man, the latter has no power to remove it except by cutting his tendons. "A slight looking native can carry with ease on his extended fingers a weight which a white man can scarcely lift. Their power of grasp is more like the grip of a machine than the grasp of a man."—[*Id. Vol. II., p. 723.*]

The Polynesians whose general complexion is olive or reddish brown, have ascertained that those men among them who have become most darkened by being in the sun are strongest and are said to prefer the bones of such ones when slain to construct chisels, gimlets and fish-hooks out of, from their superior toughness. The point in question will be well illustrated by contrasting the Eskimos who are immensely bundled up with furs so as to exclude sun and air from their bodies, with the Fuegians south of South America who generally live in a state of nudity, excepting so far as grease and dirt on their bodies, constitute clothing. The former are described as having only about half the strength of ordinary white men while the latter are considered about twice as strong as the average European. The vitality of the Fuegians must be prodigious, as their climate is so cold that Europeans with their clothing on, have been known to freeze to death even in summer, while they without clothing and in their poor and open built huts can survive from age to age. The women plunge into the icy water after fish and from their abundant exercise become as strong as the men. On one occasion the "Fuegians nearly struck the sailors with stones thrown by hand when they thought themselves even beyond musket shot."

A comparison may be made between two similar races, the Chinese the most of whom known to Europeans near the coast wear clothing and the Japanese, many of whom spend much of their time nude or nearly so. The Chinese are below the average size and are not very strong or very brave. The Japanese on the average are taller, much more powerful, more virtuous in their habits, more intellectual and possessing a tide of vitality so marvelous as to enable them easily to endure a degree of either heat or cold, that would kill many a Chinaman, European or American who should attempt the same. Mrs. Brassey in

her "Around the World," speaks of the following incident in Japan: "At a stone quarry that we passed on the side of a mountain, there were about seventy men at work without any clothing, though the thermometer was far below freezing point." A well known account of the Japanese represents them in certain cases, as sitting smilingly in a cauldron of water which is heated more and more until it simmers around them. That a portion of the great vitality of the Japanese is given to them by means of their frequent hot baths and gymnastic practice is no doubt true, but these would doubtless be still more effective if they were to end off with a dash of cold water. Speaking of the Japanese, Mr. Wood in the work already quoted from says: "Their stature is about equal to that of ordinary Europeans and their limbs though not large are often very powerful, a slightly made Japanese being able to lift easily a weight which a stalwart Englishman would find a heavy burden.....As acrobats the performers are far superior to those of any other nation, performing the most audacious and apparently impossible feats with an absolute precision which quite removes any idea of danger." — (*Vol. II. P. 838*) We have had a taste of the Japanese quality here in New York in which Matsada Sorakichi raised the 150 pound club nineteen times, while a famous New York gymnast could raise it but thirteen times, and the German giant Ems still less. If we fare so poorly when compared with a small Japanese like Sorakichi, what kind of a show would we make if one of their real giants were to come over and show his quality?

One of the esteemed physicians of New York, Dr. F. G. Welch, speaks of the nude Kaffirs whom he met in south-eastern Africa as being magnificently developed. He says they are able to run ninety or one hundred miles on a stretch, and he saw them throw bags, weighing six hundred pounds, upon their heads, with such ease, that he felt confident that some of them could have lifted twice as much. Two bushels of wheat weighing one hundred and twenty pounds is considered a sufficient weight for ordinary Europeans to shoulder. Dr. Welch though an earnest advocate for muscular culture, admits that the Kaffirs must get their strength from the nerve force developed by sunlight and air rather than from exercise, as their women do most of the work.

Dr. J. M. Peebles, of San Diego, California, a noted traveler, visited exhumed Herculaneum and Pompeii, and saw not only stone reservoirs and stone ovens used for cooking purposes, but stone bathing houses two and three stories high, the third story being roofless. These Romans and Pompeians took tepid baths in the evening, and sun baths at mid-day. Disrobing themselves, they placed upon their heads a moist cloth, and then stood or walked half an hour or more in the full vitalizing sunshine, thus developing health, vigor and that muscular power for which the old Romans were so famous.

I have just received the following letter from Joseph Simms, M. D., the well known author, traveler and lecturer, and find it another fine argument in proof of the sun's power to give strength and quicken the mental faculties. These Arabs are reared in childhood in almost a state of nudity, and when clothing is worn it consists of a thin, white fabric which transmits the light to the body. Sometime since a gentleman informed me that the *sais* who run in almost a nude condition in front of horses in Egypt would keep ahead of the horses all day long however great the effort to overtake them might be. At first thought such a thing would seem almost impossible, but the following letter fully confirms it:

Dr. Babbit :

*Dear Sir :—*I have often been astonished at the intellectual and physical feats of men who reside in sunny climates and wear but a slight amount of clothing. Having listened to one of your valuable and instructive lectures on color and sunlight, I think you will pardon me for calling your attention to a few facts concerning the Arabs of Egypt and Palestine, where sunny days are the rule and cloudy ones the rare exceptions.

While I was making the trip on horseback, with a Bedouin Arab on foot as my guide and guard from Jerusalem to the Dead Sea and on to Jericho, Bethany and back to Jerusalem, we came to a wide, long plateau of ground sufficiently smooth for a race between the Arab man and the fine Arabian horse which I rode. My guide was bare on most of the body with only a few thin, loose, white cloths around his middle. Both horse and man started abreast on a full run, I applied the whip and my horse dashed ahead as if desirous of winning the race. The man erect as an arrow, ran like a deer and was soon ahead of my noble animal. When he reached the foot of the hill, where the race was to terminate, he was fully five rods ahead of the horse in a race of from 30 to 50 rods. He neither cheered nor alluded to the race as a feat worthy of mention. On the entire trip of three days the man was usually in advance and beckoned me, to let the horse go faster. He was full of jokes and ever good-natured, as people inhabiting sunny countries generally are. Cloudy climates and shady walls make glomy thoughts troop through the minds of men, while disease insinuates itself through their bodies. The men called "*sais*" run in advance of the carriages of the aristocrats in Egypt, and at the highest speed of the horses always lead the way by ten to twelve rods.

These, nature's children of the sun, are far stronger than Americans or Englishmen or other Europeans. They are also far more active. An Arab mounted to the top of several pyramids in an amazingly brief time and offered to give me all he was worth, if he could not lay me on my back. A look at his colossal calves and shoulders satisfied me that he was my superior in action and strength, although I weigh upward of 200 pounds and have wrestled much without often finding my match. I refused to take hold of the brawny Arab.

In Cairo, Arab men were stone masons, and while moving stones of immense weight, they seemed easily to carry as much as two Europeans can possibly move with great effort. The children of the Arab families in Egypt, Palestine, Syria, Algiers and Morocco learn twice as rapidly as white children of the same age. In proof of this fact, the reader is referred to Miss Whately in Cairo, Miss Williams of Tyre, Syria, and to all the mission teachers in the above mentioned countries. One class of twelve Arab boys of ten to thirteen years, taught by an American teacher in Cairo, in four years had learned four languages and could translate verses from Arabic to French, from French to German

from German to English and then to Arabic as rapidly as an American boy of ten to twelve can read in English. Not one of those boys knew a letter in any language four years before. I also gave them one of the knottiest theorems of Euclid which they worked out with skill and swiftness.

In conclusion allow me to add, that after traveling with Arabs for several months, sleeping in their houses many times, I can say, that not one ever deceived me or stole an article from me, or told me a falsehood. Their honesty would be an excellent example for Christian nations to follow.

Yours truly, and heartily in sympathy with the cause of sunlight;

JOSEPH SIMMS, M. D.

9. Power of Sunlight to Develop Beauty.

Free exposure of the body to sun and air is found to give a higher grade of beauty than all the cosmetics and powders in the world, because 1st, it gives the skin a soft, velvety apperance; 2d, it removes the ghastly white and gives rich bronze and rose tints; 3d, it gives greater sparkle to the eye, elasticity to the motions, comeliness of the form and vivacity of manners, and 4th, it makes the complexion pure, free from eruptions and, prevents all growth of tumors. It is true that the face alone may be exposed to the sun so excessively as to cause an over-redness which is not so pleasing, but if the whole body could be well solarized this would not occur, as the blood would be drawn to other parts. Whiteness of complexion is not beauty, otherwise the chalky countenances of clowns would cease to be hideous. The late Dr. Dio Lewis uses the following language :

"Don't you see a good many pale girls in your stores, girls with a bloodless, half-baked sort of face, whose whole expression is void of spirit and force? Those girls are in a green state. Look at their lips and cheeks. They are not half ripe. Send them out into the country; let them throw away their parasoles and live out in the sunshine three months and I would give more for one of them in any work requiring spirit than for a dozen of those pale things that live in the shade. The only girls with red cheeks and sweet breaths, the only girls who become fully ripe and sweet, are those who baptize themselves freely in sunshine. . . . For many years I have advised, in the case of a weak, emaciated child, the sun-bath. These little frail, half-baked creatures that die of marasmus, would, in hundreds of cases, recover if they could be thoroughly cooked, or baked over in the sun. With what magical rapidity I have seen little ghostly, dying things recover by two or three hours daily sleeping and rolling about naked in the sunshine."

The naked nations of the world are often spoken of for their superb development of form, and this would be still finer if they understood the laws of life better. I will quote the following from "Woods Uncivilized Races" concerning the Kaffirs :

"When the youths and maidens are in the full bloom of youth they afford as fine specimens of humanity as can be seen anywhere. Their limbs have never been subjected to the distorting influences of clothing, nor their forms to the absurd compression which

was, until recently, destructive of all beauty in this and neighboring countries. Each muscle and sinew has had fair play, the lungs have breathed fresh air and the active habits have given to the form that rounded perfection which is never seen except in those who have enjoyed similar advantages. We all admire the almost superhuman majesty of the human form as seen in ancient sculpture, but we need only travel to Southern Africa; to see similar forms but breathing and moving; not motionless images of marble but living statues of bronze."—[*Vol. I. p., 12.*]

With the usual ignorance of causes, Mr. Wood here speaks as though all this unequaled perfection of physical development came merely from giving the muscles fair play and the lungs fresh air, but why is not such perfection of development obtained in nations which shut out the light by their clothing, and which in many cases, carry out exercise in a more scientific manner? Exercise, of course, is a fine thing, but we have seen that the Kaffir men do not exercise much and that the Kaffir women by too severe a system of exercise and drudgery lose all their beauty as they grow older.

Sun exposed bodies gain such activity of the blood forces as to prevent any excessive forming of adipose matter and hence the ugliness of obesity is avoided. On the other hand the solar rays quicken the nutrient functions so that leanness may be averted or remedied. From these and many other facts which could be given, the beautifying effect of sunlight is abundantly evident.

10. Power of Sunlight to heal Disease.

Races whose bodies are sun exposed know but very little of diseases of any kind. The tremendous strength of the peoples I have already cited shows that their health must be admirable, even in spite of many irregular habits of living. Syphilis, that bane of the so called civilized nations which the physicians are so helpless to eradicate, is unknown among the nude nations unless introduced from abroad. This was the case in Central Africa, in Japan, in the Sandwich Islands, etc., as signified by Livingstone, Sir Samuel W. Baker and others. Speaking of one of the nude African races, Livingstone says that when Syphilis is introduced among them it dies out in a little while. Sir Samuel Baker says that Livingstone is correct in declaring that hydrophobia does not exist in the tropics, and that idiocy and insanity are rarely seen in Central African countries. He uses the following language:

"The diseases known among the Bakwains (a nearly nude race) are remarkably few. There is no consumption nor scrofula, and insanity and hydrocephalus are rare. Cancer and cholera are quite unknown. . . . A certain loathsome disease dies out in the interior of Africa without medicine . . . Equally unknown is stone in the bladder and gravel. I never met with a case, although the waters are often so strongly impregnated with sulphate of lime that kettles quickly become incrustated internally with the salt."

Our false civilization carried vile diseases to the Sandwich Islands, and then since clothing has been forced upon them and the sunlight excluded from their bodies, they have been dying out until their numbers are now said to be only about one-tenth of what they once were. The Japanese are being shamed into wearing our close style of dress, and are being led into the use of crude drugs until they are in a fair way to become as weak and sickly as the rest of us.

The native tribes of men and women in Guiana go entirely nude. "As is the case with most uncivilized nations," says Rev. J. G. Wood, "the Guianan mothers think but little of the event which lays a civilized European on the bed of sickness for weeks. Mr. Brett saw one Warau woman, only two hours after the birth of her child, tie up her hammock and carry it together with her newly born infant from one house to another." Compare such people with ourselves, and especially with the Eskimos who shut out heaven's light and air from their bodies more thoroughly perhaps than any other people on earth. There "after a child is born, the mother is obliged to confine herself to her own igloo for some months."

Mrs. Elizabeth Oakes Smith sends me the following :

"I have been long a believer in sun baths. Indeed, I once effected the cure of a girl who had been five years confined to her bed, by telling the family to carry her bed every day and spread it upon a beautiful granite ledge in the sun. They did so, and she recovered her health."

The following are the words of Walt Whitman, the poet :

"Twelve years ago I came to Camden to die; but every day I went into the country, and naked, bathed in sunshine, lived with the birds and the squirrels, and played in the water with the fishes. I recovered my health from nature. Strange how she carries us through periods of infirmity into the realms of freedom and health."

Dr. Dio Lewis speaks of several young ladies and boys who had been dwelling in rooms shaded by great trees, and who had become cadaverous, pale, dyspeptic, and subject to headaches and general lack of spirit. He induced their parents to cut down the trees and build some pens in the garden eight feet high. Each of the invalids had his or her own apartment, where after disrobing, they spent one or two hours in the sun. After a few weeks they were made over new and were no longer invalids. Dr. E. C. Angell, of New York, writes as follows :

"In dyspeptic conditions I have observed the very best results from frequent and prolonged insolation. I recall in particular the case of a young Englishman who had been a great sufferer from dyspepsia, and had derived only a limited benefit from a long course of general treatment, but who readily acquired, by regular exposure to the sun, the healthy development and vigor of an accomplished athlete. Still another case of dyspepsia, with much emaciation, gained twenty pounds in six weeks by the same treatment."

The marvelous power of sunlight to heal disease by aid of instruments will be shown hereafter. See also Principles of Light and Colour, Chapter VI.

11. The Power of Sunlight to rouse Mental Forces.

To rear a child in shadow is to invite idiocy as well as disease. The solar ethers penetrate deeply into the system and kindle the nerves and brain forces into a more lively action. Every one experiences a new cheer when the sun breaks forth from its hiding place behind a storm cloud.

A gentleman informed me that in a certain factory in Providence, Rhode Island, two hundred girls were employed. Those on the sunny side were buoyant in their feelings and would sing while those on the shady side were silent and sober. Suddenly the position of the girls was changed and the sober girls immediately commenced singing while the others became silent.

An English gentleman informed me that the sun-exposed Hindoo children take an educational course in two years' less time than in England.

Voltaire advised that two dull actors should be planted in the sun for six months. For its effect on the intellect see Dr Simm's letter, p. 55.

The marvelous cures of insanity by Dr. Ponza, in an Italian lunatic asylum, by means of colored rays of light, have already been referred to.

I quote the following from Dr. James C. Jackson's work "How to Treat the Sick Without Medicine."



Fig. 18.—Spirit of the Mountain.

"The more a man lives in sunlight, other things being equal, the more vigorous will his brain be. On the brain particularly, the effect of sunlight is to magnetize it, and magnetism is, in itself, a very powerful though a very occult force. Whoever has a brain which is largely magnetic, though in size it may be much smaller than some other brain which is not magnetic, has a central force which the unmagnetized brain can never show."

The Doctor then shows how superior is the intellectual stimulus of sunlight to that brought about by alcohol.

12. Terrible Results of a Lack of Sunlight.

"The total exclusion of sunbeams," says Dr. Forbes Winslow, "induces the severer forms of chlorosis, green sickness and other anæmic conditions depending upon an impoverished state of the blood . . . The face assumes a deathlike pale-

ness, the membranes of the eyes become bloodless, and the skin shrunken and turned into a white, greasy, waxy color; also emaciation, muscular debility and degeneration, dropsical effusion, softening of the bones, general nervous excitability, morbid irritability of the heart, loss of appetite, tendency to syncope and hemorrhages, consumption, physical deformity, stunted growth, mental impairment and premature old age."

"The necessity of light for young children is not half appreciated," says Dr. Winter, of London. "Many of the affections of children, and nearly all the cadaverous looks of those brought up in great cities, are ascribable to this deficiency of light and air. If mothers knew the value of light to the skin in childhood, especially to children of a scrofulous tendency, we should have plenty of glass-house nurseries, where children may run about free of much of that clothing, which at present seals up the skin to sunlight and oxygen."



Fig. 19.—Semi-nude Children Playing in the sun

citizens are incapable of articulate speech. Some are deaf, some are blind, some labor under all of these privations and are misshapen in every part of the body. . . . Epidemics attack inhabitants on the shady side of the street, and totally exempt those on the other."

Cretinism is a kind of an idiotic and scrofulous condition, which prevails among the deep sunless valleys of the Alps and elsewhere.

"An infant being deprived of heaven's free light," says Dr. Moore, "will grow into a shapeless idiot instead of a beautiful and responsible being. Hence in the deep, dark gorges of the Swiss Valais, where the direct sunshine never reaches, the hideous prevalence of idiocy startles the traveler. Many of the

Sir James Wylie, late physician to the Emperor of Russia, attentively studied the effects of light as a curative agent in the hospitals of St. Petersburg, and he discovered that the number of patients that were cured in rooms properly lighted was three times greater than that of those confined in dark rooms. This led to a complete reform in lighting the hospitals of Russia, and with the most beneficial results.

Dr. E. B. Foote uses the following words :

"There is said to be an office in Nassau street in this city, the windows of which are so shut in by its contiguity to another building, that the sunlight never enters it, and that every one who has occupied it for the past ten or fifteen years has died of consumption. . . . When people allow the sun to paint their faces brown, torpid livers are less liable to paint them yellow."

Experiments have been tried, for a long series of years, with people who live on the northern or northwestern slope of a hill, where the sun is comparatively feeble, and with other people who start out under similar conditions on the southern or southeastern slope of a hill near by, where the sun, of course, is more direct and powerful. Families on the former location, after a while, ran into a series of diseases, and generation

after generation died with consumption. Those in the latter location, who started under no better auspices, retained their health and power during the same time.

Multitudes of people have houses shaded by large trees, their blinds closed, curtains down, and even windows shut, until the air within becomes so damp and impure as to be unfit to live in, causing the cheeks of the inmates to become more ghastly, their eyes more dull and their steps less elastic. What self-sacrificing beings thus to ruin themselves to save their carpets! Pasteur, of France, has shown that rooms when shaded, become filled with bacteria, and it is known that water and all other objects tend to become impure if not exposed to sunlight. The reader may ask, "How is it that stagnant ponds become impure in hot seasons?" The answer is that the sunlight is shut off from the water during cloudy days and during nights.

But the disastrous effects of a lack of sunlight are seen in multitudes of cases which I cannot enlarge upon here, such as the putrid air of a shaded sick room; the lifeless and waxen complexion of many persons who always shut out the light by parasols, by pulling down the blinds in railroad and tramway vehicles, and veiling their windows with heavy curtains; also, in the feeble and shriveled forms of miners, who have spent many years in their underground occupation, until they have become unfit for military duty, and many others.

Animals suffer greatly if sunshine is lacking. A rabbit in a dark room will die of consumption in three weeks. The *National Live-Stock Journal* gives an experiment on two calves of deep red color, 60 days old, one weighing 180, the other, 182 pounds. The latter was placed in a dark room and after three months, had faded to a dirty red and weighed 360 pounds. The other was placed in sunshine, and weighed 430 pounds after three months. Both were then admitted to the light, but the dark room calf, though improving, never fully recovered its color or its power.

13. How much Sunshine is necessary for the greatest Power?

We have seen that the law of harmony requires a balance of contrasting elements, for instance, we should have the cording up power of electricity on the one hand and the firing up power of heat on the other hand. The sunlight in the torrid zones is not balanced with sufficient electricity, to give tone to muscles and nerves unless clothing is dispensed with, and even then, thermism being predominant from the heated state of the earth, the conditions would be less favorable for develop-

ing a grand manhood or womanhood than it would be from 20° to 45° each side of the equator. In the frigid zones electricity is predominant and all faculties become too much congealed for the highest action. If clothing is worn to a considerable extent, we would need a much colder belt of the earth than if unclothed, to balance the extra heat, and from 35° to 55° would probably be the realm of greatest power. If we were to look for the greatest athletes or for the mightiest intellects, we would not go to Egypt, Greece, Italy, Spain, Southern France or the extreme southern portion of our own states, at least, under the present system of dress which so robs the body of the greatest vitalizing forces of nature. The people, as a mass, have become too debilitated to attain any great power. And yet there were mighty Rome and Egypt and Greece of the ancient world with their learning and their power, and all this in the same regions which we now deem too hot and weakening. How is this to be accounted for? In the first place, the children of those days grew up in a semi-nude and sometimes, entirely nude condition, and drank in the forces of nature at first hands. In the second place, the adults wore those loose robes which let the air, and to some extent, the sunlight, to the body. In the third place, these countries had all the advantages of athletic games and exercise of other kinds, to give muscular power at the same time that the sunlight gave nervous power. In the fourth place, they lived near to nature. The Romans often had solarium in the tops of their houses, where the people received the sun on their bare bodies. They also had hot and cold baths on a wonderful scale, and these, aided by open air exercise and freedom from hurtful drugs generally, kept them in that fine health and vigor, which enabled them to dominate the world.

In our own country, under the present system of life, the realm of power is more in the northern than the southern portions. For mental, literary and physical power, we would select Boston rather than New Orleans, and for that vigor, manifested in rowing, walking, etc., we should have to go as far north as the lower portion of Canada and the northern portion of our own states.

England has less sunlight than America, as an aid to her fine physical and mental development, but what she has she improves better than we do, as nearly every man and woman has pedestrian skill and loves to get out of doors. Then the ozone of old ocean is a stimulating power that has contributed to her greatness. When luminous baths shall have been thoroughly established in England, they will awaken a new development of power in her people, which they have never before known. The rosy cheeks, however, that come greatly from the hydrogen of their moist climate, must not be considered as the highest type of health and power,

for with all their infirmities, Americans are longer lived than Europeans as Dr. Brown-Sequard admits. America is fast waking up to the true laws of life, and if she will but improve her splendid sunshine, and the keen electricities of her winter, without hovering around air tight stoves too much, she will have some decided advantages over the mother land.

But we must remember that the grade of electricity commonly known as *cold*, is not the sole cording up and strengthening power, but that the blue, and violet rays of sunlight constitute a superb grade of electricity, which, when allowed to reach the bare body as in the case of the Kaffirs, Dyaks and many other races, enables them to far transcend, even in their hot climates, what we can do in our colder climate so far as physical power is concerned. In view of the magnificent sunlight of northern Mexico, and of our Pacific and Rocky mountain states, we may readily see what a splendid manhood and womanhood are possible there, when their people learn how to use this great natural energy properly.

14. A Summing up of Points.

It is evident from the foregoing that the sunlight sweeping in ethereal streams through our atmosphere, drives some of the refined portions of all substances down upon the earth. In the solar spectrum, Sir David Brewster observed 2,000 of the dark Fraunhofer lines and there being as many more of the bright spaces between these, this enables us to designate 4,000 different points of color force in sunlight, each of which has its own special power, from the burning rays below and in the red and thermal, up to the cooling rays in the blue and violet, and far beyond.

There is a vast array of forces of every kind, including iron, magnesium, sodium, carbon and the other elements conveyed by the sunlight, but why shall we not take these elements in their ordinary form from our drug stores and not go to the trouble of taking sun baths? Because when these elements are given to us in so refined a form, as to come directly from the sun as an ether, or to float skyward and be driven to us by the solar rays, they must be far more penetrating, enduring, safe, pleasant and upbuilding to the mental system than they would be if used in a crude form.—[See VI, p. 21].*

* The reader should realize that the different elements in their more refined form float in the atmosphere, and that the sunlight is able to repel elements similar to its own constituents toward the earth. Our scientists understand that vegetable growths receive their carbon from the sun and that by means principally of the yellow rays. If they would remember that the color potency of carbon is yellow, and that "similar repel," they would see why the yellow rays of sunlight repel the yellow ethers of carbon toward earthly objects, and they would understand that the grade of yellow rays which repels these ethers must itself be carbonic in its nature. These carbonic streams striking a plant or other object, are frequently drawn into such an object by chemical affinity. For explanation of the materials that exist in the different colored rays of light, see Principles of Light and Color, pp. 259 to 264.

If such a tide of ethereal forces, charged with all the higher elements of nature, come from the sun, we may readily understand why the nude races who absorb into their systems, this power unobstructed, possess such a marvelous strength, health, vitality, endurance, immunity from disease and power of recuperation in case of accident, while the highest medical science of civilized nations, that neglect to receive this great power into their systems, cannot develop a people who for a moment compare with them in these respects.

In reviewing the different races of the world, we find that people are strong and healthy, other things being equal, in proportion as they wear less clothing, and weak and sickly in proportion as they smother and bind up their systems with much clothing. *

If the forms of the wearers should become more apparent by wearing thin clothing, it should not be supposed that there is any immorality in it, as impurity lies in impure deeds. The most impure people where harems are kept, veil even the faces of their ladies from the public gaze, and the nude races like the Kaffirs, the Dyaks of Borneo and others are so much more pure than the so-called civilized races, that some white travelers who have lived among them are ashamed of the licentiousness of their own people when they return home. With these races all prurient feelings are done away with, and the sun and air kindling the surfaces of their bodies into wonderful activity, those internal congestions and inflammations that lead to so much animalism are done away with.

We have seen that people living constantly in shadow tend to a perverted and stunted growth, to scrofulous, consumptive and anaemic conditions as well as to loss of nerve power, mental power and all the elements of a true manhood.

I have dwelt so fully on this subject because the general public as well as the literary and even the medical world are so ignorant of this mightiest power of nature, that it is high time they were waked up to its

* Some of our well dressed and intelligent people are learning the evil of too much clothing and will be seen constantly during our cold winters without an overcoat. A singer told me that when he bundled up his neck he became tender and often took cold, but gradually he uncovered his neck, rolled his undervest away from his breast, and now never takes cold. The author has spent very many winters without an overcoat except on two or three occasions, and that partly to gratify friends for appearance sake. He wears warm underclothing and feels that he needs as much when sitting inside of a house, using his brain as he does while his blood is warmed by walking out of doors, but if he were to ride in an open vehicle in very windy, cold weather, would need an overcoat. Ex-Governor Rice of Maine, now a hale, hearty old gentleman living in New York, once stated that he used to pass through the cold winters of that state without an overcoat, and felt no inconvenience from it. But those who change from much clothing to a smaller amount should do it gradually, and toughen themselves, if possible, by sun baths on the bare skin.

importance. Some time ago I condensed many of the foregoing facts which ought to be of thrilling interest to every thoughtful and philanthropic mind, and sent the paper to several of the great magazines and several of the prominent papers of New York City, and not one dared to publish anything so new, or was advanced enough to realize the importance of the subject. Newspapers generally take more interest in publishing accounts of contagions, epidemics and deaths, than they do in showing how to obviate or mitigate these evils, and a morbid public taste demands that their columns shall be so crowded with murders, suicides, drunken sprees, fights and exciting items of various kinds, that but little room will be left for upbuilding our poor suffering race. The *Phrenological Journal* published a story showing the power of light and other natural forces. The *New York Herald of Health* gave one of my articles illustrating the science of color forces, which was immediately copied into the *London Sanitary World*, and *Hall's Journal of Health*, ever alert for "the new and the true," gave several of my articles showing these Wonders of the Sunlight and other fine forces, which have been variously copied. Before many years the whole literary sky will become more or less luminous concerning this free gift of heaven, which the people are in such dying need of, and those journals shall be glorified which lead off in this reform. Every day this mighty chemist of nature rolls through the sky, floods us with its glorious tide of life, beautifies all things with its rays and beckons to mankind to look up and grasp its marvelous forces in connection with which new worlds of magic shall constantly be revealed.

Some one may say to me, "Why dwell so fully upon the marvelous effects of the sun upon the nude races as long as it is quite impossible for us who dwell in civilized lands to go in this undressed style of nature?" For two reasons, first to encourage those who in some private location, or in their own private room may have the opportunity to expose themselves to these higher elements, and second, because a solar instrument called the *thermolume* has been invented, which, aided by external and internal reflectors, will enable one to receive as much sun power on the bare body in forty minutes, as can generally be obtained in hours from the sun alone.

XIII. MEDICATING BY LIGHT.

1. **A Celestial Materia Medica**, of the most definite and exquisite kind, may be formed from the direct forces of the sunlight, as these forces charge different substances. We have seen that the whole range of forces from the warmest to the most electrical, is to be found in the

solar spectrum, and these forces are signified by the color. How shall we collect and store up these penetrating color forces fresh from the great fountain?

2. **Solar Rays as Substances.**-We have seen that light is a substance as well as a motion, and, of course, each of the color rays that constitute light are substances with chemical and therapeutical potencies. These rays may be strained off most conveniently, by colored panes of glass which transmit certain rays that are required, and absorb the others, as already explained.

Thus, what is called amber glass, transmits the yellow rays principally with a slight amount of red, thus making its real color a yellow-orange. Ruby glass transmits red rays and absorbs the other colors. Mazarine blue glass transmits blue as the leading color, also a considerable amount of violet, a large amount of the refined trans-violet among the invisible rays of the spectrum, a slight amount of red, etc. To determine the mazarine blue glass, hold a lighted match or lamp just back of it and it will have a violet tint; if it remains blue, the same as before, it is not mazarine, but a cooler grade of blue. Blue glass itself, in the sun, becomes heated by the warm rays which it absorbs, but the rays which it transmits are cooling.

3. **Substances Charged by the Full White Light** receive a vitalizing force. Some delicate people cannot drink ordinary cold water, but if such water could stand in the sun awhile, it is probable that almost any one, however feeble, could drink it. Baron Reichenbach let a glass of water stand five minutes in the sun and then gave it to one of his sensitives, who felt a burning feeling from it all the way to the stomach. At another time he let her take his hand and left the room. Without her knowledge, he let the sun shine on all sides of him for ten minutes. When he came in he gave her his hand; she was astonished at the increased power with which he was charged, though she was unaware of the cause. Abundant exposure to the sun will give a great increase of magnetic power.

4. **The Color Forces** can be conveyed most readily, first, to water, as the most neutral and best balanced substance in nature and the most convenient for use, both internal and external; also, to sugar of milk or to the smaller grade of Homeopathic pellets of sugar, or to pulverized gum Arabic, which can be got at any drug store. Sugar of milk for charging best without becoming lumpy, should be coarse and granulated.

5. **To Charge Water**, place chromo lenses* or bottles of different colors, filled with pure water, in the sun one hour upward. Several hours

* Chromo lenses of the different colors are kept by the College of Fine Forces. See explanation hereafter.

will charge it more strongly than one hour. In cold weather remember not to let it freeze and break the bottles. The blue, being an antiseptic principle, prevents the water from becoming putrid, however long it may stand, but the yellow and red had better be changed at least, every two or three weeks in cold weather, and every three or four days in warm weather. The purple water remains pure a long time.

6. **To Charge Sugar Pellets, Sugar of Milk, etc.,** spread the material out thin in a chromo lens, or, if that is not available, in a small vial of the desired color. These constitute exquisite medicines and should be kept in vials of the same color, or if these are not conveniently found, in cloth or paper of the same color, and should be kept in the sun as much as possible. All solarized materials are most active when taken direct from the sun, but will retain the same kind of power for weeks or even months.

7. By the following very simple **Nomenclature**, a whole system of materia medica is given in a nutshell, and these articles being medicated from the pure laboratory of the sky, are free from all poisons and marvelously cheap and effective. Substances charged by different colors have a root signifying the color and an affix signifying the substance charged.

8. The **Roots signifying the color force** are *rubi* for red; *amber* for yellow with some orange, or mainly amber colored; *purpur* (from *purpureus*) for purple; *viole* (pronounced vi-o-lé) for violet; *cerule* (pronounced ce-ru-le) for blue or cerulean and *verd* (verdant) for green.

9. **Affix for Water**:—The French *eau*, signifying *water*, is pronounced *Ô*. Spelling it phonically we will use simply the letter *o* as the affix from its greater brevity and simplicity. In this way we have the word *rubio* instead of having to say the five words *water charged with red light*, or the three words *red charged water*; *ambéro* for *yellow charged water*; *purpuro* for *purple charged water*; *violeo* for *violet charged water*; *ceruleo* for *blue charged water*; and *verdo* for *green charged water*. To get absolutely pure *violeo*, or any violet charged substance, it will be necessary to expose the substance to the violet rays as separated by a prism in a camera obscura. *Ceruleo* made in a mazarine blue bottle or lens would almost equal *violeo* for soothing nerves, and surpass it for cooling hot blood.

10. **The Affix Lac** (Latin for milk) will be used for *sugar of milk*. Thus, the word *rubilac* would stand for the five words *red charged sugar of milk*; *ambèrlac* for *yellow charged sugar of milk*, while such words as *purpurilac*, *verdlac*, *cerulelac*, and *violelac* would be understood by the reader at once.

11. **The Affix Lac** (saccharine substance, Lat. *saccharon*), stands for charged sugar; thus, *rubisac* is *red charged sugar*, and the meaning of *ambersac*, *purpursac*, *verdsac*, *violesac*, *cerulesac*, is obvious at once.

12. **The Affix Gum**, from the Latin *gummi*, will stand for charged *gum Arabic*, an excellent compound. Thus we have *rubigum* (red charged gum Arabic), *ambergum*, *cerulegum*, *purpurgum*, *verd gum violegum*.

13. **Doses.**—These solar medicines in the form of color charged water, can be taken two to four swallows, or about three tablespoonfuls at a time, or two teaspoonfuls for little children. The medicines ending in *lac*, *sac*, *gum*, can be taken to the amount of two grains or more at a time, a grain being as large as a good sized pea. *Ambero* is excellent to take on rising in the morning, *purpuro* or *rubio* before or after dinner and *ceruleo* on retiring, or the dry solar medicines on the same plan. For severe cases, take every hour.

14. **The Power of these Sun charged Substances** has been tested many hundreds of times, and in many cases they have proved marvelously effective when all drugs and other remedies have failed. They are especially gentle, safe, far reaching and enduring in their effect.

15. **Ceruleo** proves to be one of the most marvelous medicines ever given to the world. When taken internally, it cures diarrhea, dysentery, inflamed or painful stomach (gastritis), epithelial cancers, insomnia, etc. As a gargle held in the mouth awhile, it cures beyond all other known remedies a cankerous or otherwise sore mouth, inflamed gums, etc. As an eye water for inflamed eyes, it is believed to be unequalled. As a wash, it often cures chapped hands or dandruff immediately, relieves burns, especially in the form of a compress, destroys red eruption, making the skin as soft as silk and cures wounds and hemorrhages. As an enema, it cures inflammatory conditions of the womb or rectum very wonderfully, and is especially good when taken hot from the sun. As a nervine, it is remarkable. It is contra-indicated wherever organs are too cold and dormant.

16. **Ambero** is a great nerve animating principle and is especially effective in arousing liver and bowels into action. It is doubtless, the most exquisite laxative in the world, as tested for many years. A prominent New York manufacturer declared it was worth a thousand dollars to him, and a lady, whose whole being was revolutionized by it, called it "the elixir of life." Charged solid substances have the same effect.

17. **Purpuro** is especially good to help digestion if taken internally, is excellent as an *enema* in leucorrhea and ulcerated uterine organs or rectum, makes an excellent nasal douche for catarrh, and a fine wash for

baldness and dandruff. For these latter conditions, it should be rubbed in over the whole head from the end of fingers repeatedly wet in it.

18. **Rubio** like **Ambero**, contains an exquisite element of iron as well as other enkindling substances, and, of course, is animating to the blood. It is good for a very dormant, inactive stomach, but in case of irritation **purpuro** is better, or **ceruleo**, if the irritation is great. As a wash, it is good for rousing the skin when inactive.

19. **Artificial Light** will medicate substances, although gas light or oil light is not so rich in electrical as in thermal forces.

20. **Use of Terms.**—This exquisite solar *materia medica*, so simple, so cheap, so potent, is destined to come into extensive use, and should have labor saving terms. Thus, if we wish to charge a substance with blue light, we express the fact by the word *ceruleanize*. *Amberize* means to charge with yellow-orange light, *purpurize*, with purple light; rubify, with red light; *verdize*, with green light, etc. A family that is constipated may amberize their bread a few minutes by placing it in the sun under amber glass, and thus find relief, or persons who have too much irritation of the stomach and bowels may ceruleanize their food by placing it in the sun under blue glass. Wine becomes more or less amberized, and thus animating in its nature, by being put up into yellow bottles as is so commonly done. It would not be safe to drink rubified liquors in the usual amount.

21. **Gases.**—In the foregoing I have spoken of the charging of solids and liquids with the solar forces. But gases such as the atmosphere, may also be color charged and in this way the lungs can be reached. Thus, the *air* in a red bottle will become rubified by standing a few moments in the sun, and if inhaled as soon as the cork is withdrawn, will prove animating to the bronchi and lungs; in a blue bottle it will be ceruleanized and will prove healing and soothing to irritated or hemorrhagic conditions of the lungs or for phthisis. We may designate color charged air as *rubeges*, *ceruleges*, *purparges*, etc.

22. **Chromo Homeopathy.**—Under the head of Homeopathy I will show how some leading homeopathic preparations may have their power greatly increased by being color charged, and may be designated in connection with the foregoing color roots on a simple and beautiful plan.

XIV. HEALING INSTRUMENTS OR PATHO MECHANISM.

1. **Therapeutics** has heretofore been a very lame science, for lack of instruments to work with. To remedy this deficiency, as far as possible, and to utilize the wonderful power of sunlight, with its various colors, the author has invented a series of solar instruments, now to be described.



Fig. 20.-The Chromo Disk.

2. **The Chromo Disk** (fig 20) is a funnel-shaped instrument, made of planished copper, with nickel plated inner surface to give a brilliant reflecting power or more latterly of aluminum. The large end is held directly opposite the sun, so that all sides may receive the light equally, while the small end is placed near or against the part of the body to be affected. It has required a considerable experimentation to get the rate of convergence for the greatest power and the best method of using colored glass circles. At first the colored circles were placed at the small end, but they were so constantly broken by the heat, that they are now placed at the large end, almost directly over the standard, and are held in place by little catches.

For the greatest heat the disk is to be used without any glass, and in an open window. In a good sun the skin can be rubricated in one minute and blistered in three minutes when held close against the small end. It is called a red disk when the red glass is in, a blue disk when the blue is used, a full disk when used without glass, etc. One shaft 3 moves up and down in another, where it is held at any point by a thumb screw. The disk is held at any angle to receive the sun the best, by another thumb screw, and moves in all directions with the utmost ease.

Some marvelous cures have been made by the disk. A lameness of years standing, in Michigan, was permanently cured by a red disk, in fifteen minutes; an internal hemorrhage, which the doctors had pronounced incurable, was entirely healed by a blue disk, and many other cases could be given. A gentleman in Cincinnati focused the full disk upon himself, a few minutes every morning before dressing and said "it made him feel like a fighting cock all day." For local treatment, it is a great power, an amber disk being very fine over the cerebellum and sacral plexus for paralysis, and over the bowels for constipation; a purple disk is especially fine over the stomach, lungs, kidneys, etc., and a blue disk over acute inflammations, and over the womb fifteen or twenty minutes for menorrhagia.

3. **The Chromo Lens** (fig. 21) is a double convex hollow lens, which, when filled with water, concentrates the light by *refraction*, just as the disk does by *reflection*. It has this advantage over the disk, however, that while the water is being exposed to the sunlight in lenses of different colors, it is converted into a medicine of most refined

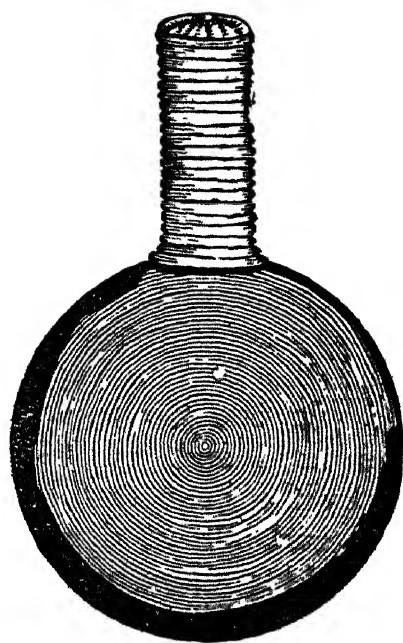


Fig. 21.—The Chromo Lens.

safe and penetrating character, which is more potent to cure various diseases than any drug in the whole range of our materia medica.

The color of these lenses is the *transparent*, which produces the greatest heat and admits of colored solutions of any kind, which can be focused upon the body; the *yellow-orange or amber*, which is nerve animating and laxative, and can be focused over the liver, bowels, etc., to advantage in case of dormant conditions; the *red*, which is animating to the blood, and is admirable in chronic rheumatism, gout, bronchitis, suppressed menses, cold blue conditions, etc.; the *blue*, which is cooling, nervine, astringent, etc., and the *purple* which is excellent for lungs, stomach, kidneys, etc.

They are over seven inches in diameter and will hold between one and two quarts. When used to focus the light they should be held upright by the handle, and when used to charge water they should be hung in the window by a ring not shown in the engraving. The great advantage of the chromo lens is that it can be focused over the external portions of the system where the serous membranes can be best reached, while the water charged within, taken internally, affects more directly the mucous membranes, thus reaching the positive and negative poles of power.

The remarkable character of water medicated in these lenses has been tested many hundreds of times, and is explained under the heading *Medicating by light*, p. 64.

These lenses sometimes accomplish great cures by focusing on different parts as well as by charging the water. Thus the amber (yellow) lens should be focused into the ears for deafness caused by dormant conditions—into the eyes for amaurosis, over bowels for constipation, etc. The blue of course is used to quell excitability and inflammation.

Cancers and other tumors of the stomach have been cured by their internal and external use, hundreds of cases of constipation and diarrhea some of the most obstinate kind, have been healed. Burns, chapped hands, acne, inflamed eyes, dandruff, etc., have been speedily remedied by the charged water as a wash, while insomnia, fever, gastritis, canker, menorrhagia, cleanness, cholera infantum, etc., have been made to subside.

4. The Thermolume

We come now to the most important healing instrument thus far given to the public, namely, the Thermolume, which is a solar sweat bath, or an instrument which can be used to animate the system without sweating if desirable. To yoke the sun to our chariot is to control the grandest life-giving force of nature, the force which kindles the brain, nerves, muscles, blood and all other growths in the world.

The word thermolume (from *therme* and *lumen*) means the *heat and light* instrument. The heat that is not connected with light is almost a dead force as compared with luminous heat. Luminous heat follows law of power by being refined and hence penetrating, enduring in its effects, safe, enkindling to mental forces and delightful to the sensation as it strikes the bare body. A cultured lady once remarked that she felt she was in Elysium when she was in a thermolume, and spoke of the great difference between it and a hot air or steam bath. Her life was saved by it. Every case of Rheumatism, Consumption, Dropsy, Scrofula and Neuralgia that has received a regular course of treatment in it, has up to the present time been cured, and it is, perhaps, the only treatment ever devised that can eradicate syphilis from the system. In all treatment of the blood, nerves and skin, the thermolume stands pre-eminent over all other instruments. * The patient sits in the instrument

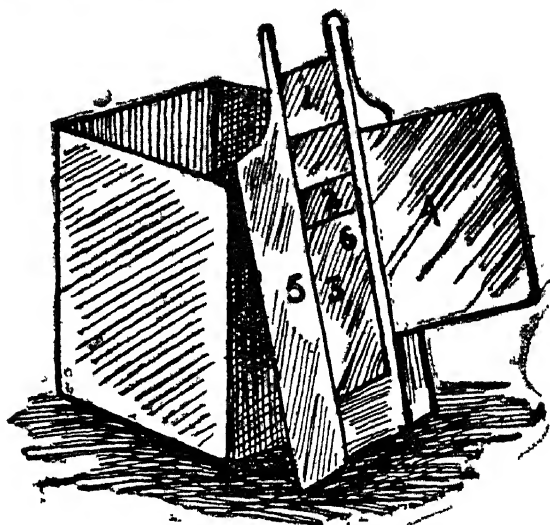


Fig. 22—The Thermolume.

1 is a sheet of enameled blue glass which shields and cools the brain; 2 is a colored pane which may be inserted at any point; 3 is a double thick sheet of French glass; 4 is one of the polished reflectors; 5 is the front frame; 7 is the body of the instrument which folds up.

* Mr. W. C. Bowman, formerly of the University of Virginia, and now pastor of the Church of the New Era, Los Angeles, Cal., gives the following account of this treatment in Cincinnati, which I quote, although some cases of still greater importance have occurred elsewhere. The author spent three years in establishing a Health Company in Cincinnati.

"I now desire to say something about this latest and most marvelous method of practice which is still more important to the suffering. I have not only studied this system with strange delight, but have also known and witnessed its practical power in actual cures.

"A case under my own personal observation was that of Mrs. Celia W. Hunt, who came from Indiana to Cincinnati in a helpless and almost dying condition, from a desperate combination of Diseases—swollen to monstrosity with dropsy, morbid with various tumors,

with his head out in the cool air, and under the soothing effect of the dark enameled blue glass (1), while a blanket or oil-cloth arrangement covers the whole top of the instrument, coming around his neck, the right corner catching over a sharp hook toward the left of the front frame, and the left corner hooking over toward the right. This shuts out the cold air, and is much better than a wooden frame for the top. When the patient is seated, with knees as close to the front glass as possible, the feet being placed on a little stool, the operator must adjust the colored glass to different parts of the body that may be diseased. If he is not sure what color is best, it would be safest to take the full sunlight. It would nearly always be safe and wise, however, to put the purple glass so that its light would come over the stomach. For constipation, put the yellow glass over the bowels, for profuse menstrual flow, put blue glass over the womb; for deficient flow, have red glass over the womb; for rheumatic joints, use red or red-purple glass; for bronchitis or asthma, place red or red-purple over the upper chest; for consumption (phthisis) if there be no hemorrhage, the same, but if there be hemorrhage, blue must be used until the hemorrhage ceases, and then purple or the full sunlight; for irritated condition of the spine, blue-green and blue-purple; for spermatorrhea, green over the lumbar plexus; for inactivity of the sexual system, red over the lower spine and sexual organs; for dormant kidneys, purple, alternating at times with the full white light; for cold parts, red, or red-orange or red-purple; for

and one knee stiffly ankylosed with rheumatism, all have grown worse and worse for eight months under eminent regular medical treatment. She placed herself under Dr. Babbitt's treatment, and in three months she was practically well, the stiff bent knee having been straightened in the second treatment. (Her weight to commence with was 271 pounds, fifty pounds of which was taken away in a few weeks.) In her fullness of rejoicing she wrote: 'The Thermolume is God's best gift to man in the nineteenth century.'

"Among other notable cases of cure in the same city, some of them personally known to me, others only by report of persons of undoubted credibility, were the following:

"The wife of C. W. Clarke, was cured of *consumption* under the doctor's personal treatment.

Another Case of Consumption was cured in the same way, Mr. J. W. Black handing the Thermolume. This same Mr. Black, whom I knew quite intimately, cured himself of *hay fever* in a single treatment in the Thermolume, the disease having been running upon him for ten years.

"A case of inherited *dyspepsia* was completely cured in Robt. E. Clarke, and his condition was pronounced terrible.

"Also, two cases of *sick headache* (Mr. & Mrs. Groene) were cured by Dr. Babbitt's Thermolume at his own house, in three treatments.

"I give these few testimonials, prompted in what I say purely from my high estimate of this new and marvelous medical revolution, and my sincere esteem and admiration of Dr. Babbitt, the upright man and the exalted genius who is working out this startling reform with such untiring persistency."

peritonitis, blue or blue purple over the bowels ; for all hot or acute inflammations, blue.

The reader may say, why use instruments at all ? Why not expose the body to the full sunlight ? 1st, because by external reflectors we can get more sun power , and thus save a great deal of time ; 2d, by the internal reflecting surfaces, the light is preserved and sent all over the body at once ; 3d, because the thermolume enables us to protect the brain by the soothing blue, and to give the exact color forces to other parts of the body which their condition requires ; 4th, because in many cases, people cannot expose their bare bodies to the direct sunlight, for the air may be too cold, or the sun too exciting to the nervous system or burning to the skin without colors, and last but not least, the thermolume constitutes the most delightful and invigorating sweat bath instrument in the world. The sun destroys impure germs in the blood, and the perspiration eliminates still other impurities with such a gentle and upbuilding power, that even feeble invalids can take it without exhaustion. If the patient is very thin and ought not to do much sweating, after two or three times it would be well in hot weather to open the cover a little, so that the cooler air could come in. Very feeble patients, under a hot sun, may at the first bath, feel faint, and should have a cool wet cloth or sponge on the head. The more these thermolume baths are taken on the bare body, the less tendency to sunstroke will there be.

The thermolume shown in the cut, Fig. 22, has no floor, and as the reflectors and top frame (5) come off with ease, the whole instrument can be folded into a small space and laid away in a closet when not in use, or folded for shipping.

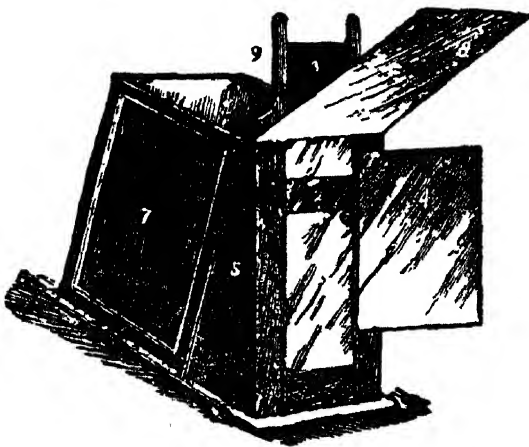


Fig. 23.—The Physician's Thermolume.

5. Fig. 23, presents the **Physician's Thermolume**, which has reflectors of aluminum, which is a metalless tarnishable than silver. The top reflector (8) may be held at any angle according to how high the sun may be at the time of a bath. When it is desired to sun the legs and feet it must, of course, be raised higher than when the chest is to be reached.

6. When **Artificial Heat** is needed and gas be conveniently used, iron tubing is placed under the higher grade thermolumines, with a burner and circular metal frame under the chair of the patient,

on which a steaming pan rests, and a smaller burner farther forward which comes under the sloping stool. The steaming pan should be partly filled with water and the light not turned too high.

If there is no gas in the house a kerosene stove is furnished to go under the seat, and a low alcohol lamp to go under the foot stool.

Explanation of the Grand Thermolume.

1 is enameled blue glass which cools the brain and protects it from the sun; 2 is a top-reflector of polished aluminum which is held at different angles according to the altitude of the sun, by the chain at number 9; 3 and 4 are large side reflectors of aluminum, which should not rest at an angle of 45° , as this would not reflect a single ray inside of the instrument—half as much outward slope would be about right; 5 is a broad sheet of double-thick French glass, over which colored panes are placed, as explained elsewhere; 6 is the front frame with triangular side-pieces that fold; 7 shows through the glass the oilcloth on the floor of the platform; 8 is the door which is hinged on the back part of the instrument. The whole instrument can be folded for shipping. The glass front of this instrument is wider, the colored glass more abundant, and the finish is superior to that of the other instruments.

7. **The Reclining Thermolume** (Fig. 25) is especially suited to a sick or weary person. When reclining, the body is thoroughly negative

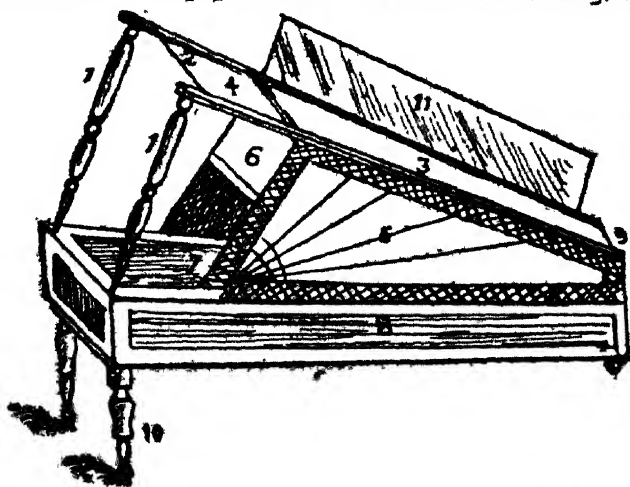


Fig. 25.—The Reclining Thermolume.

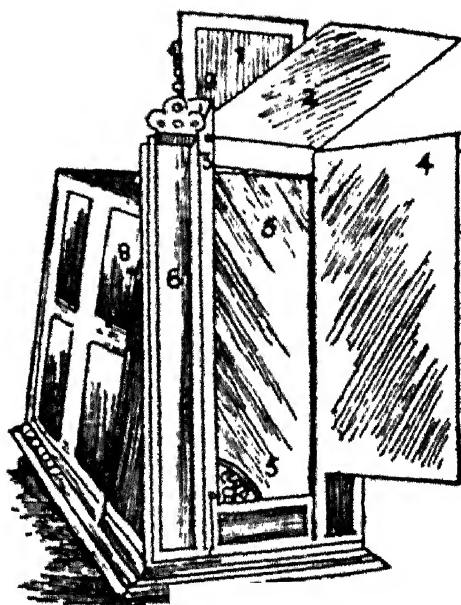


Fig. 24.—The Grand Thermolume.

1, 1, the pillars that hold up the frame; 2, 2, are screwed into the rail below; 3, the French sheet glass, 14 x 46 inches; 4, the enameled blue glass to shield and cool the head of the patient, which lies below; 5, one of the side doors with a bright inner reflecting surface; 6, the front door; 7, the steel wire mattress; 8, the hot air chamber; 9, Slit to let an upright pane of red or red or purple glass for warming the feet; 10, legs; 11, one of the reflectors. A top reflector attached to the upper cross-piece would add much to the power.

and receptive of nature's subtile forces. A doubled blanket or comfortable is laid over the spring wire bottom (7), to which is hung a heater, that will warm any part of the body with steam or hot air if sufficient heat is not received from the sun. The lamps rest on the bottom of the hot air chamber, and can be moved under the steaming pan or under the dry metal or both. The front door (6) has a bright reflecting inner surface, which throws the light down over the lungs of the patient, an important thing in pulmonary weaknesses. On the outside of it are two hooks, on which a towel is caught and allowed to come down around the neck of the patient, to shut in the hot air. The feet being usually the coldest part of the body, can stand to advantage a red or red-orange pane in the upright position at 9, but if the patient is too excitable, a purple or transparent pane should be inserted. The instrument can be taken apart for shipping, the reflectors pulled out, the frame 2, 2, lifted off, the legs (10) folded, the pillars (1, 1,) unscrewed, and the side doors (5, 5) slipped off their hinges.

8. **For Family Use** where room is wanting, the folding thermolume, fig. 22, is best. By the aid of such a *home doctor* to keep the system cleared out and vitalized, sickness ought to be impossible with any kind of a correct life.

The Electro Thermolume, fig. 26, is supplied with an arc light, which being equally white and pure as sunlight and working with the same kind of chemical power, is especially valuable for cloudy days and nights. The incandescent light is too yellowish, like gas light, to act as a perfect healing power. See 'Principles of Light and Color' for fuller description.

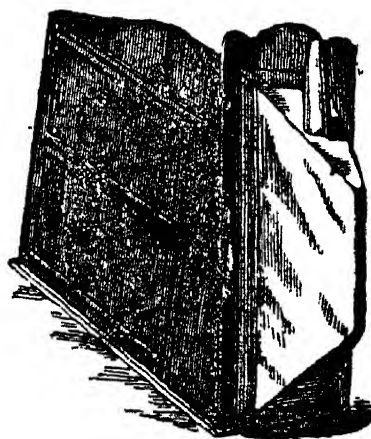


Fig. 26.—The Electro Thermolume

XV. ENCOURAGING FEATURES WITH REFERENCE TO THE NEW METHOD OF CURE

Space being wanting, a multitude of statements in proof of the foregoing principles of Chromopathy must be omitted here, while a considerable number will be given in connection with the treatment of various diseases in the after parts of this work. It will be proper, however to quote some of the expressions and experiences of various thinkers and workers, in connection with this department of the science of cure.

1. Opinions.

From the Rt. Rev. Jas. T. Wholly, Port au Prince, Hayti, Episcopal Bishop of Hayti, who has commenced practising Chromopathy in his own family :

"I am much interested in the perusal of your 'Principles,' etc. As all must confess, however little they may know of science, the solar ray is the great fructifying medium of all terrestrial life. Your application of this principle to the healing art is founded upon an incontrovertible basis.

From Rev. Shirley W. Baker, D. M., LL. D., Auckland, New Zealand.

"I am more in love with these principles every day and have more confidence than ever that you have revolutionized the whole system of healing and introduced to the world God's own system."

From the late Prof. R. F. Humiston, eminent as a Chemist and a Professor in Medical Colleges for twenty-five years.

"I find I am becoming very much interested in therapeutic chromology from reading your inestimable book on the subject."

Mrs. C. W. Hunt, a lady of culture, writes as follows to Mr. Albert F. Ransom :

"It has been left to Chromo Chemistry to give us, for the first time, the basis of an exquisite Materia Medica, which will be hailed with joy by millions, who are beginning to believe that their bodies were not designed by nature merely as receptacles for drugs. The principles of Chromopathy are founded on immutable truth."

The Rev. John H. Hall, New York, writes as follows to the author :

"I believe the principle of cure you have developed is successful, and the most extraordinary discovery of the age."

From M. L. Holbrook, M. D., the well-known editor and author :

"Your cause is noble. Heaven bless and guide you in all you do."

From Geo. H. Binkley, M. D. :

"Your work (Principles of Light and Color) has come to the minds of men as a new revelation—is simply invaluable to the honest physician. My success in my practice has been greatly enhanced since using it. Disease gives way as if by magic."

The following is translated from a very able review of the Principles of Light and Color in *Le Lotus*, a philosophical journal of France :

"This extraordinary work by its character, its subject, its method and its 'conclusions' commends itself to the attention of all who are interested in science and philosophy . . . It recalls the celebrated discourse where Clausius has been able to deduce from the relationship of light and electricity, the unity of force in the universe. The *Principles of Light* should then be for savants, a key which permits them to penetrate to the very secrets of substance. It is, indeed, that which commends this book, compared with which, the bold efforts of the savant Crookes, seem but as brilliant first steps. Although, notwithstanding the evident care of the author to escape from all poetic development, it always captivates by the majesty of this grand subject, in which not a feature is neglected in its rigorous conciseness. He does not act here upon a system purely hypothetical, constructed *a priori*. Mr. Babbitt, a savant well-known, tells us he has spent years in his researches upon the form and constitution of atoms. Those which he attributes to them, seem at first, to be but an ingenious hypothesis, but its justification comes almost immediately from the explanations that are furnished of molecular mechanics, then hundreds of scientific facts, some well-known, others neglected up to this point, complete the confirmation. . . The book commences by explaining these great principles of nature to ultimate in transcendent theories.

"We give all our gratitude to Mr. Babbitt for having consecrated with so much success his high science, in explaining to us this grand mystery of the sphynx, this constitution of man, animal in the image of God, who outdoes the genius even of a Pascal, in so far as that does not reveal the sublime harmonies taught in this book, and we greatly desire that a French translation may soon spread before us these amazing *Principles of Light and Color*."

2. Progress of the Work.

Although our first instruments were rather imperfect and our means of making the sun healing movement widely known, were limited, yet the remarkable results achieved, and the importance of the principles connected therewith, have already made the cause widely known. Orders for books and instruments have come from Australia, New Zealand, India, many countries of Europe and all parts of our own country.

3. Educational Features.

The New York College of Magnetism founded in 1883, and chartered under the laws of the state of New York, on January 28, 1887, had for its purpose the teaching of the science and use of Light, Color, Magnetic Massage, Water, Air, Electricity, Mind Cure and other refined natural forces, in the process of human upbuilding. In 1893, the institution was transferred to the suburban town of East Orange, ten miles from New York, under the name of College of Fine Forces and chartered under the laws of New Jersey. In 1896, the Institution was transferred to the beautiful city of Los Angeles, California, this great sun-land being considered especially appropriate for the experimental development of these grand forces of nature.*

The following Testimonial, signed unanimously by the students of the first class, was drawn up by Mr. W. C. Bowman, formerly of the University of Virginia, and well known as an able lecturer:

The undersigned, students in the College of Magnetism which Dr. Babbitt has established, esteem it both a duty and a privilege, to make a brief statement to the public as to their estimate of his merits and the merits of the new and marvelous system of Therapeutics which he has discovered, and is now introducing to the world. Having just passed through his first course of lectures on nature's finer forces as medicinal agencies, they feel a profound appreciation of the high instructions they have received, and also a strong desire that the community at large be made acquainted, as rapidly as possible, with what they regard as by far the truest, grandest and worthiest step of progress in medicine the world has thus far seen.

The grand thought underlying and permeating this new system, and one already accepted in a general way by advanced thinkers, is, that *all forces are powerful in proportion to their subtlety, and that all real progress is from the coarse to the finer*. In fact the application of this principle has been measurably illustrated all along in the past history of medicine. The crude and nauseating drug doses of the old practice, have been

* The following gentlemen, all eminent in their departments have been Presidents of the Board of Trustees: The late Prof. Henry Kiddle, long the Superintendent of the New York Schools, Dr. F. G. Welch of New York and Prof. Alexander Wilder of Newark, N. J., for some time at the head of medical colleges.

gradually displaced by the more refined extracts and essences in the sugar pellets of the Homeopath, until "taking medicine" has been relieved of much of its disgust.

And now at last the glorious fact has dawned upon the world, through this latest and highest revelation, that nature's true *materia medica* and art of healing are not found in the drug store, but in her own grand laboratory, already essentialized and refined, teeming in exhaustless store all about us in the very elements themselves, in vital air, in sunlight, the prismatic colors, the electric current, the magnetic hand, forces so all abounding and so refined that we almost feel it is the hand of God and not of man, which now prepares and administers our medicine! medicine so pure and fine that it heals the soul as well as the body.

W. C. Bowman, Mrs. J. R. Sanford, Mrs. Celia, W. Hunt, Geo. Wilhelm, Mrs. A. E. Kibby, Mrs. S. A. Bowman, A. F. Ransom, Miss. Eulalie Gleason, Mrs. Pauline, M. Pillsbury, Mrs. N. S. Crossley, Mrs. Dr. Mary, A. Powell.

The following is from Mr. Hudson Tuttle, the well-known author:

"Dr. E. D. Babbitt is Dean of the New York College of Magnetism (now called the College of Fine Forces), an institute of refined therapeutics, which is fast becoming of world-wide fame, and attracting students from many countries. It builds on exact science and includes the Magnetic, Electric, Chemical, Solar and Spiritual Forces which underlie everything. Its course can be taken at home, and a diploma conferring the title of D. M., Doctor of Magnetism, granted. Dr. Babbitt is author of several valuable books on the subject."

XVI. SOLAR ARCHITECTURE.

1. It is quite time that our architecture had taken a new and higher step in harmony with the better science of life that is now dawning upon mankind. The whole architecture of the world must gradually be revolutionized, in proportion as these grand forces of sunlight become understood.

2. **Windows.**—One great need of the day is more and larger windows—windows with large panes and light sash—windows which will open above and below, and thus ventilate as well as illuminate. If sunlight is necessary to destroy the bacteria and other impurities of the air in a room, how important that every room in a house should receive it, for a greater or less time each day. When the weather is excessively hot, the windows can be shaded after a room has been properly sunned.

3. **A Solar Story** is one which slopes much like a Mansard roof but has the windows sloping with the roof, as in the second story in figure 27. This lets the sun much farther into the rooms and is quite as handsome in appearance.

4. But the **Roof Balustrade** is the feature of greatest importance in the new departure. This is built all around the outside of a roof and should be four and a half feet high, so that a person may walk within its enclosure in a nude state, to get the sun and air. The Romans often

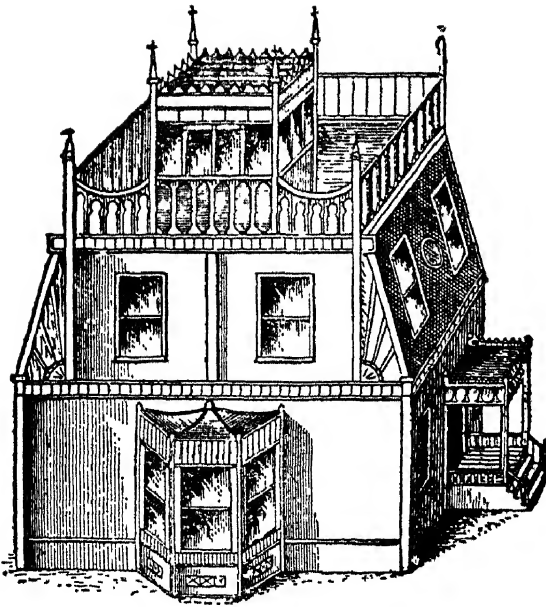


Fig. 27— House with Roof Balustrade and Pavilion.

sloping in at the top, four feet each. The balustrade enclosing the pavilion and the whole upper portion of the house constitutes the *solarium*, and is 20×36 feet. The pavilion is 8 feet front and 12 feet deep. The stairway leading to the pavilion from below, is through a covered passage so that in cold weather one need not come in contact with the wintry air in going to or from it. The windows of the pavilion are four feet wide by five feet long, and can be let down in summer to get the breeze as well as the light. Within the pavilion a thermolume could be placed so that delightful solar sweat baths could be taken.

As a family retiring place for a summer evening, the solarium is delightful, being so airy and so private. As a place for getting well and keeping well in the day time, it will be found to have a marvelous potency.

Figure 28 shows the interior arrangement. The parlor is lighted

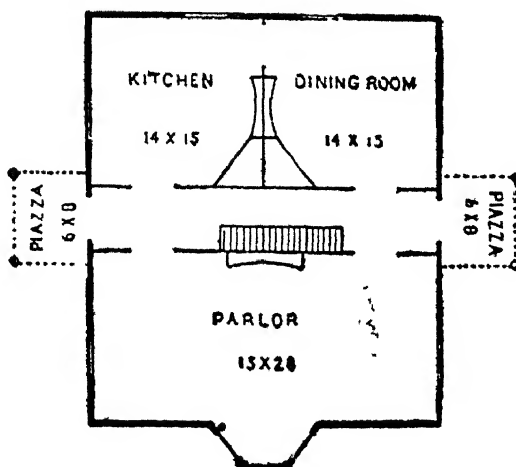


Fig. 28.—Plan of First Story.

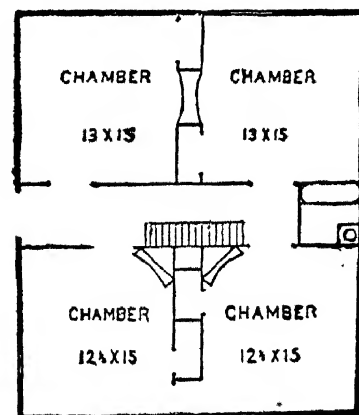


Fig. 29.—Plan of Second or Solar Story

used the tops of their houses for a *Solarium*, in which they walked naked at mid-day with only a wet cloth around their heads. By these and other natural appliances, they attained to a splendid power both of mind and body.

5. I have designed some residences on a simple plan which I herewith present. The balustrades painted with contrasting colors will prove highly ornamental, and the architect can add embellishments to a much greater extent if required. The house, (fig 27,) is 28×36 feet. The upper part of the solar story is 20 feet wide, the sides

by a bay window and by a window at each end, which lets the breezes through. The room marked the kitchen can be used as a reception room if desired, and a kitchen be built on beyond the dining-room. Figure 29 shows the four bed-chambers and the bath room, which is lighted by a circular window. The figures show the dimensions of the rooms, including the walls. The stair-way leads to the solarium. The bedrooms are so arranged that in case the house fronts the south or the west, the heads of the beds may stand toward the north, as they ought to.

6. Fig. 30 shows how balustrades and pavilions may be combined in a block, each house being separated from its neighbor by a wall 8 or 9 feet high, so as to prevent intrusion. The pinnacles give a spirited effect, and, pointing heavenward, typify upward aspiration. The balustrades can be made of wood at small expense, and admit of rich color effects. Each house is 25 x 32 feet. The pavilions are 15 feet front and 9 feet deep, and will admit the sun powerfully, being arranged as a solar story.

Figs 31 and 32 show the plan of the two stories of these houses. A screen may be placed on the inside of the kitchen door. All the outside doors, both front and back, should have glass panels. For larger families, these houses can have another story added. The stairs to the solarium are entered next to the outside walls, and the front bed room adjoining has a closet under the stairs.

7. Fig. 33 presents a block of buildings 84 feet long and 40 feet deep, arranged for six families who co-operate, and have their common

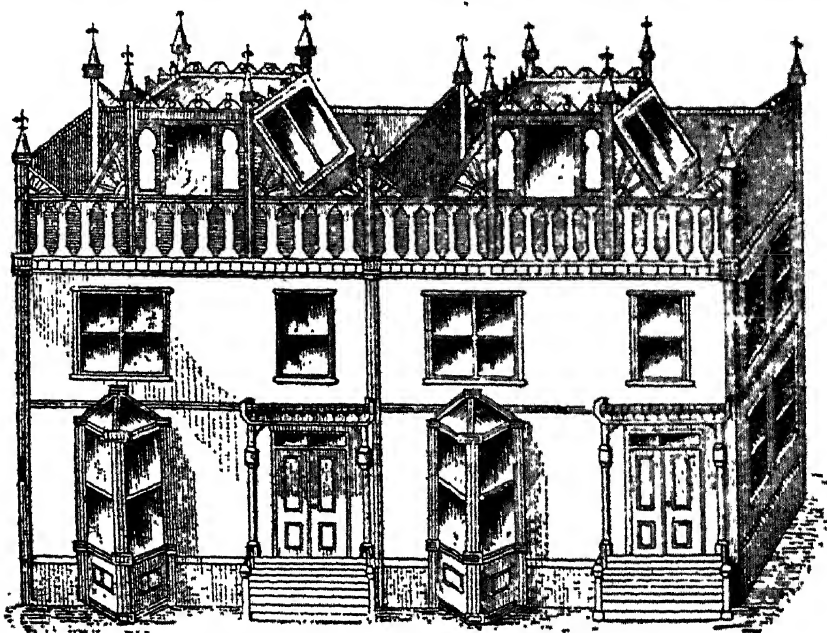


Fig. 30.—Showing Houses Combined in a Block.

kitchen, laundry and storeroom, a little ways back of the building, in connection with which are telephones, also wires for conducting baskets of food, clothing, etc., to any of the apartments. A tower, twelve feet square, leads into all the apartments, which have their own private halls. Each family has eight rooms besides a bath-room, store-room, and the co-operative rooms. The arrangements for steam heating are in the basement.

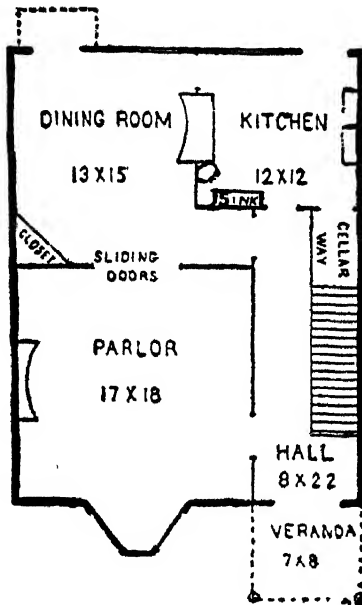


Fig. 31. First Floor.

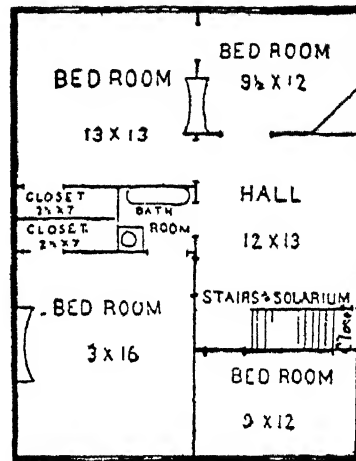


Fig. 32.—Second Floor.



Fig. 33.—A Block of Buildings for Co-operative Homes.

On the top of the house is the glass house, or solar gymnasium, which the draftsman has made too low and with too many panes of glass in the roof. This house is entered from the tower. It should have a number

of gymnastic contrivances which the members of the families below should use in nearly a nude state so as to gain the soft and vitalizing light that comes through the roof. I speak of soft light, as the roof glass need not be fully transparent, but rather a thick and somewhat translucent glass similar to what is sometimes used over stores. A pool of somewhat warmed water would be fine for a brief closing exercise

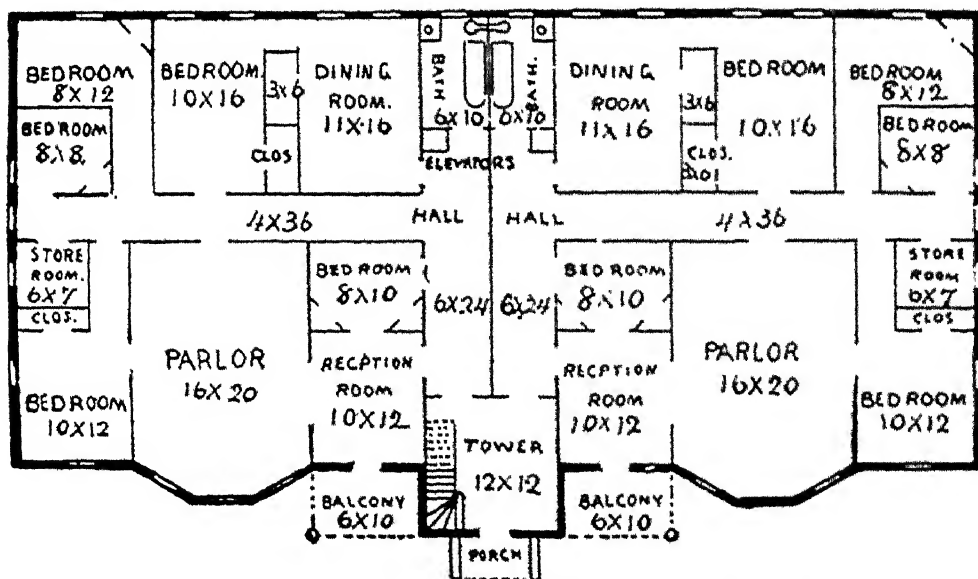


Fig. 34—Plan of the rooms for the Co-operative Block.

and will give great freshness of feeling as well as cleanliness, if not used long enough to conduct away the magnetism gained by the sunlight.

One part of the day should be sacred to the women and babes, another part to the men, while at least, Saturday should be given up to the children. In this way, pleasure and power would be gained simultaneously. In the early, hot summer evenings all could gather in this solar gymnasium, where the breezes would be far more refreshing than those that are nearer the earth.

8. The cut represents a block of two buildings. It would be more profitable to have four such blocks, while between them, in a central position, should stand a co-operative kitchen, laundry and storehouse, in which everything is bought and worked up by wholesale for the good of the whole. Each family could telephone its order for food and have it promptly sent up excellently cooked, at prices as low as the raw material usually costs. The agony of washing and ironing would be done away with, for machinery and equipments for the purpose at the central building would ensure its being done better and more cheaply than private washing. The blocks should run north and south so as to get the sun on both sides each day. The families combining could get

a landscape gardener at a small expense each, to cultivate the lawn and flower beds between and in front of the two blocks, until the surroundings would be quite park-like.

The floor of the solarium should be made strong and sound proof, so as not to disturb the people of the third story. If the third story is eleven feet high there will be ample room for the pool, without touching the heads of the dwellers.

9. The **Sun Garden** is an enclosure on the ground, suitable for a combined sun bath, air bath, sand bath, and, if practicable, a water bath. Such a garden would require that there should be no houses sufficiently near to look down upon the nude bathers. A good model would be the balustrade and pavilion of the house, Fig. 27, only that this enclosure should be seven or eight feet high, and if convenient, larger. It would be desirable to have two or three loads of sand in one part of the garden, near this the pool of water, in another place some simple gymnastic equipments, and in the pavilion a thermolume or disk or both, for more powerful solarization. Here nude children would love to roll and play in the sun-charged sand, or take a dash into the water, and thus, in the course of a few weeks, would gain a toughness and vitality of constitution which would benefit them for a lifetime. Here too, the weary adults of the family could gain freshness, and power and freedom from disease, which would make life a joy instead of a burden. There would be one great *drawback*, however, in case sun gardens and solaria should come into general use, namely, the doctors and druggists would lose many of their fees.

10. Public Sun Bathing Establishments could be built on the tops of houses, and should have, at least, the southern exposure slope, so as to let the almost vertical sun of summer well into the building. Fig 35 is a structure for public sun bathing about 25 feet wide,

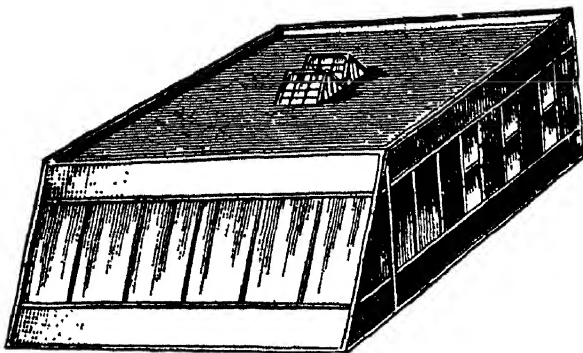


Fig 35- Form of a Sun Bathing Structure.

44 feet deep, and 10 or 11 feet high. The six panes in front are 4 x 5 feet and good sheet glass, double thick would answer. These could be hinged at the top and drawn up toward the ceiling when it is desirable to have the fullest light and air enter. Some large eastern and western windows would be required for early and late bathing. Fig. 36 shows the

interior arrangement of the same and the plan for treating both sexes

at the same time. The whole of one side is for ladies, the other for gentlemen. I will now describe what I deem the most luxurious and upbuilding bath thus far brought before the public. The patient is supposed to come up the stairway at S, males turning to one side,

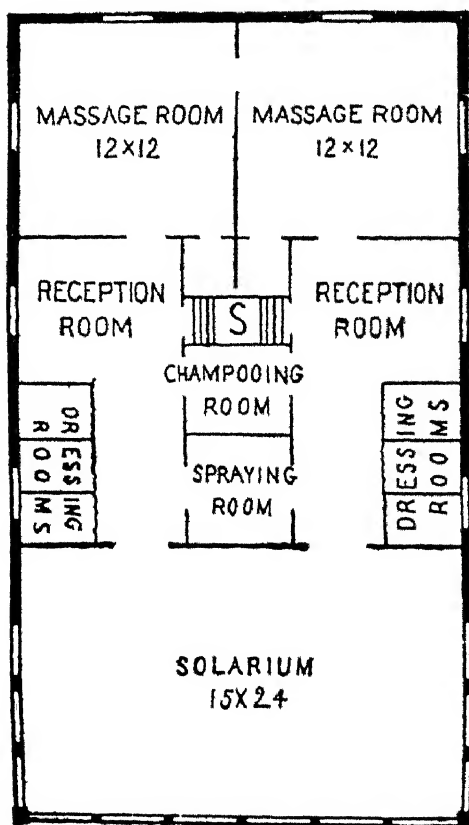


Fig. 36.—Interior Arrangement.

females to the other. In order to have expense in an institution which is not of the most extensive kind, the same shampooing and spraying room is used by both sexes, which can easily be done, as the process is not long. For example, a male patient, after disrobing in one of the dressing rooms, is first taken by his attendant into a shampooing room, the door on the ladies' side being locked. A small cistern above, which is sun-charged from a skylight, supplies the water, and the patient's skin is soon thoroughly cleansed. He is then taken out, the door locked on the gentlemen's side, and he is brought into the gentlemen's side of the solarium, where he enters a thermolume. A large movable screen extending entirely across the solarium, separates the sexes, and can be so changed as to give the most room to the side which has the most

bathers. The operator adjusts the colored glass over his patient, according to his condition, and allows him to lie or sit in the sun until he has perspired sufficiently. He then takes him into the spraying room, where, by aid of a compressed air pump, an exquisitely fine spray of perfumed and ceruleonized water is thrown over the patient, to cool and close the pores and rinse off the perspiration. This is but a brief process, as we do not wish any long applications of water to conduct away the solar magnetism that has been received. The patient is then taken to the gentlemen's massage room where, lying in a sheet, if it is summer, or in a blanket, if it is winter, he receives a number of minutes of treatment over his whole body from a magnetic masseur or masseuse and comes out wonderfully rejuvenated.

The spraying process should be understood a little better. The glass in the little skylight above the cistern should be of blue, the astringent character of which closes the pores, prevents taking cold and makes the

skin as soft as silk. For feeble or delicate persons, the spray thrown over them should be almost as fine as a mist, such as the air pump throws.

11. Electric Light Baths. For private families we are sure to have sunlight often enough to keep all the members of them in fine condition, if they possess a thermolume and use it. In the public sun bath establishment, however, it would be inconvenient to have a large rush of patients, and have the sun suddenly go under a cloud. Then again, those who wish the vitalizing power of a luminous bath, and have no time except in the evening to take it, must, of course, do without sunlight. To remedy this, I have devised an electro-thermolume in which the electric arc light is used. (See fig. 26.) Why do I say that this resembles sunlight? Because a powerful arc light can blacken the salts of silver as rapidly as sunlight, and Professor Siemens, in England, ripened fruits in mid winter by the arc light even more rapidly than is done by sunlight in this climate. Raspberries and strawberries were developed in sixty days, and grapes, with a flavor pronounced superior to those under sunlight, in seventy-four days.

XVII. COLOR, THE MEASURE OF FORCE

1. Its Universality. Color measures *forces* and to a great extent *qualities* in every department of the universe. Thus *red* is the color of warmth not only as seen in coals of fire, in red sunlight, in capsicum and the like, but in emotions of love and passion energy, as is apparent to persons whose interior vision is opened. Blue on the other hand measures coolness and electricity as in the blue rays of light, blue venous blood, the blue element of acids, etc. To the clairvoyant, the cool reasoning front brain appears blue, the back brain and lower brain red. Such facts prove the absolute unity that rules everywhere, both in matter and mind.

2. Atomic and Chemical Force. By aid of the atomic theory already given in this work and especially in the "Principles of Light and Color" we may know absolutely that such minute particles as atoms have an existence, and constitute the basis of the universe, as demonstrated by the law of color. Thus we know that hydrogen and the alkaline metals, as well as the white metals generally, are thermal, and hence their atoms being widened out by heat, will naturally encase and hide electrical atoms, which are made narrow by cold. To chemists it has been the mystery of ages that when two atoms combine, the color

Some persons may suppose, from the fact that white or bluish light is often hotter than red light, that the above theory is false, but the bluish light gets its intense thermism by appealing to the red through chemical affinity. There is such thermism in the orange and yellow also, but generally of a milder kind.

force of one of them is apt to be entirely obliterated. If now we shall find that the colors of electrical atoms are generally obliterated by contact with thermal ones, and not those of the thermal atoms by contact with electrical ones, our position will be proved, and it will also be settled beyond dispute that there are definitely formed particles of matter, acting according to exact laws, which may be called **atoms**. I will now give a few leading combinations of thermal and electrical atoms, and indicate their colors as admitted by chemists:—

Calcium Chloride (Chloride of Lime, Ca Cl_2) has a white color like the thermal calcium, not yellow-green like Chlorine.

Magnesium Chloride (MgCl_2), white like the magnesium.

Potassium Chloride (KCl), white like the thermal substance potassium.

Argentio Chloride (silver and chlorine, AgCl), white like the silver.

Mercuric Chloride, or corrosive sublimate, (HgCl_2), white like the mercury.

Mercurous Chloride or Calomel (Hg_2Cl_2) white.

Antimony Trichloride (SbCl_3), white like the antimony itself.

Hydrochloric Acid (HCl), transparent like the hydrogen.

Hydrogen Iodide (HI), transparent like the hydrogen, although the iodine is a blue black.

Hydrogen Bromide (HB), transparent like hydrogen, not red like the bromine.

Manganese Dichloride (MnCl_2), reddish like the manganese.

Aurous Oxide or oxygen and gold, the symbols of which are sometimes written AuO , but as the yellow of gold combines with the blue of oxygen here and makes a green, it may be presumed that they combine by 2's thus Au_2O_2 .

Potassium Bisulphide (K_2S_2) orange colored, seems to combine the red potency of Potassium with the yellow of sulphur.

Potassium Carbonate (CO_2K_2), white like the potassium. The oxygen seems to have driven the black substance carbon into the potassium. The same principle rules in Sodium Carbonate (CO_2Na_2) the white sodium atom alone showing, and Sodium Chloride (common salt)

Various other compounds could be given, but this will be sufficient to establish the principle. The principle of *color change* or Metachromism is explained in the 'Principles of Light and Color.'

XVIII. MAGNETIC MASSAGE

1. The word **Massage*** is sometimes used to signify a frictionizing process performed by instruments, but it is more properly a method of

*Pronounced Massazh, the last syllable like az in azure. Massein in Greek means to knead, but all true and high grade massage is given by a magnetic person.

animating the system by kneading or manipulation. The old ignorant conception of the subject considers it a matter of mere *friction* or *rubbing*, as it is termed, a mere mechanical matter which may be performed with a piece of wood, as well as by the most animated human hand. Dr. George H. Taylor, of *Movement Cure* reputation, uses the following language in his work on Massage, as to whether the masseur is in some way beneficial to the nervous system.

"The settlement of this question is greatly facilitated by reference to the fact that all animated existence depends utterly on nutritive processes, for the development of any power which may appertain to any species or individual; that cell life is the general source of all vital manifestations whether of nerve, muscle or other organ; that the action communicated is therefore only mechanical and possesses no vital characteristics, that it did not lose on emerging from its source." (p. 137)

That is about as fine a condensation of false theories as could well be put into so many words, especially to be given in the face of many



Fig 37. The Magnetic Child of Nature

hundreds of thousands of facts, which could be adduced from the records of the vital magnetic practice to show its marvelous power to upbuild nerves and muscles, and that in a permanent way. To say that all "vital manifestations" reside in the cells, is the same as saying that all the power of a steam engine dwells in the boiler, without reference to the fire that kindles the boiler into activity. The doctor would have escaped this error if he had been familiar with the principle, universal in nature, announced at the opening of this work, namely that "all force is dual, including on one side, a finer fluid-like movement of something against or through a coarser substance on the other side." On the third page I have shown that all nervous and other forces must flow forth as fluids, and these fluids give life to the cellular portions of both the nerves and the brain. When the doctor says that "all animated existence depends utterly on *nutritive processes* for the development of any power," it would seem as if he had fallen absolutely asleep as to the whole grand system of the universe, in which the vegetable world drinks in through every pore the infinite ocean of sunlight, while all human and animal life will languish and die under the most nutritive diet in the world, if the enkindling force of sunlight and the electricity of the air be withdrawn. Is it not obvious, then, when some human beings are able at times to cure the disease of half a lifetime by a mere touch, or sometimes by a mere power of the will, that they must be highly charged with vital electricities and thermal forces?

In 1874 the eminent Dr. Brown-Sequard, delivered before the Lowell Institute of Boston, six lectures on nerve force. In these lectures he concluded that nerve force cannot get outside of the nerve channels, and if so that this must be "a death-blow to animal magnetism." "Death-blow to animal magnetism!" echoes one of the leading New York newspapers, and the matter was considered settled. Ten thousand proofs to the contrary were occurring all round us, but a savant had said the word, and the papers accept it as law. It is the everlasting moss-grown theory, when one person exerts a power over himself or others, that *mind does it, imagination does it*. But how does the mind do it except as it has some instrument to work with? According to this system of reasoning, the sun wakens the vegetable world into life, therefore there is no such thing as sunshine. A cable sends a message across the ocean, therefore there is no such thing as electricity. The volition can cause certain parts of the body to become warmed or swollen, by repeated efforts, as the Doctor admits, therefore, there is no such thing as a magnetic or mental ether through which this power is exerted. The author published and forwarded to Dr. Brown-Sequard, a brochure entitled, "Vital Magnetism, the Life Power, being an Answer to Dr. Brown-Sequard's Lectures on Nerve Force."

Some time afterward a French gentleman informed me that Dr. Sequard had changed his views on animal magnetism, and of late I see he has become greatly interested in psychological experiments. In fact, in France and in various other European countries, the magnetic phenomena are taking a deep hold upon the people, and medical men, after a century of scoffing at the subject, are becoming profoundly interested in it under the name of *hypnotism*, a term invented by Dr. Braid. Having condemned animal magnetism and mesmerism as delusions so long, and finding out at last that they themselves were deluded in so doing, they now advocate the same thing under this new name. The noble Dr. Elliotson of England, Prof. Gregory of Edinburgh University, and others, cast their pearls of wisdom and experience on the subject before hostile minds long ago, while in America, the phenomena have been extensively developed for nearly half a century, in much of which time they were condemned by those very physicians who were sacrificing the community through ignorance of the very forces thus made known. Alas! for the wretchedness of the systems of education still too prevalent, which leads young minds in ruts, forbids them to seek the new and the true, and causes them to adopt that which is fashionable and respectable, while heaven-born truths go begging.

2. European Psychology. Germany has long had the manual treatment in her hospitals, and is becoming much interested in psycho-

logical experiments, but the scientists of France are especially active on the subject. The following was cabled from Paris to the New York *Herald*:

"A series of the most extraordinary experiments in hypnotism, made, under the direction of Dr. Charcot, by his assistant, Dr. Babinski, of the Salpetriere Hospital, surpass all hitherto conceived possibilities in medical science and cause a profound sensation in Parisian society. These experiments prove as perfectly practicable the transmission by magnetism from one person to another of certain nervous phenomena, such as dumbness, paralysis of the legs and arms, violent pains and coxalgia, and the final elimination of the evil from the original sufferer. These cures, seem, at first sight, to be nothing short of miracles, and certainly they equal in dramatic intensity many cases narrated in the New Testament.

"As many fantastic and more or less exaggerated accounts of these experiments have appeared in the Parisian papers, I resolved to go at once to the fountain head authority, and called upon the famous Dr. Charcot himself at his magnificent mansion, on the Boulevard Saint-Germain.

"Soon afterward an attendant conducted me into a vast library, at one end of which sat a man of about sixty years of age, with a fine large head, and bearing a striking resemblance to Napoleon I. His long, straight locks of coal black hair set off to fine advantage the massive marble white forehead and descended nearly to his shoulders. His nose is prominent and aquiline. His mouth firm and compressed, gave an air of sternness, and there was a sharp, penetrating glance in his eagle eyes, which was mitigated by a pair of eyeglasses attached by a black silk ribbon. This was my first view of Dr. Charcot, the greatest living authority upon the human nerves. As Dr. Charcot rose to receive with a cordial smile, all his sternness disappeared as if by enchantment. His voice is soft and musical. * * *

"These experiments have awakened renewed interest in neurypnology, or the science of nerve sleep, and on the tables of the most fashionable *salons* in Paris are to be found James Braid's treatise on the subject, with the preface written by Brown-Sequard. In fact, hypnotism is the great sensation of the day."

I have omitted from the above the account of the experiments, which have been equaled and surpassed in many of the cities of our country for a number of years back. See Part Third for explanation of such phenomena.

3. **Magnetic Massage**, carrying with it, as it does, a subtle life force which penetrates through the whole nervous and vascular system, is especially enduring and fundamentally upbuilding in its effect, as I have shown under the law of power, page 21. Dr. Taylor, accustomed to the unmagnetic machinery used in the movement cure, and seemingly unacquainted with the fact that true and potent massage comes through the touch of a highly charged human being, declares, referring to this force, that "nothing appears in aid of the energy producing functions no physiological power is promoted; only transient cessation of pain with no correction of its cause is secured." The truth is that the com

munication of the vital magnetic aura affects the most fundamental and enduring cures of anything in the known world, excepting, perhaps, the forces of sunlight.

4. **Proof of Vital Magnetic Radiations.** There are many proofs that fine ethereal emanations can flow from and around human bodies and affect objects or persons in proximity ; 1st, all sensitive persons can feel these emanations, and can often tell what persons are approaching without seeing or hearing them ; 2d, the phenomenon of insensible perspiration shows that efflux streams are constantly carrying fine particles of matter out into the air, which particles are often recognized by special odors ; 3d, as I have already shown, thermal or electrical ethers sweep through and out of all things, and affect the chemical changes that are ever taking place ; 4th, thousands of persons are able to see as well as feel the radiations that take place from all objects, especially when these objects are under the excitement of electrical, or chemical or vital action. These emanations flow forth like streams of light in all



Fig. 38.--Head of Christ by Dore.

directions, and with especial brilliance around the heads of persons who are inspirational and magnetic. Following the law of electricity generally, this vital magnetism is held with the greatest tension at the points of the body, especially at the ends of the fingers. In my own case, my hands are positive to every part of the body, and if held for some time on any other portion, will give off so much vital force as to feel almost paralyzed. For this reason the hands and fingers make fine magnetic conductors, and *manipulation* is one of the most effective methods for the cure of disease. Fig 37 will

give some idea of the straight line radiations which take place from the head and body ; but there are also magnetic curves, which are omitted in the picture, but are given in the "Principles of Light and Color." p. 481. Fig. 38 is a head of Christ, as conceived by the eminent artist Dore, and the halo of light that is placed around this and the heads of saints in the various ages of the past, shows that there have been persons in all ages who could see these interior lights and colors, which are the manifestations of vital power. On pages 14, 15, 33 and 34, I have shown that there are multitudinous chemical processes, vital magnets and galvanic batteries in every human system in connection with which these ethereal forces rule.

5. **The Magnetic Character** of these **Vital Ethers** may be perceived in the fact that sensitive persons are often drawn toward those who are

magnetic, or even towards canes or other objects that have been charged by a magnetic person, just as all ferruginous objects will be attracted by a steel magnet. Magnetic ladies and gentlemen will often throw out their psychic curves of force by their will power, and draw persons to them without saying a word. Prof. Cadwell was once giving a psychological exhibition, when a seat full of wild young fellows concluded it was all a deception, and were making a disturbance. Going down to the seat, he sent his forces into the brains of those who sat at the farthest end of the seat and drew them pellmell over the very heads of the impolite leaders of the gang who sat in front, having concluded that rude characters are sometimes best controlled by rude methods. As all ethereal forces, when under excitement, are thrown into magnetic or diamagnetic curves, it is quite proper to use the terms *animal magnetism*, *psycho magnetism*, *vital magnetism*, *solar magnetism*, or *ferro magnetism*, to show what grade of magnetism is meant.

6. **Nomenclature.** When I first treated of healing by the *manual treatment*, I realized that the vital forces imparted were different from those of a steel magnet, and so devised the word *psychomany*, *psychomist* from *psyche*, soul, and *manus*, hand, or *soul and body treatment*. As I went more thoroughly into the laws of atoms and ethereal forces, I perceived that the animal and psychic forces were as truly magnetic as those of a steel magnet, only possessing a different grade of fineness, hence the term *magnetist* is not really improper. The word *metaphysician*, as applied to healing, is unphilosophical, *meta* and *phuse* meaning *beyond* or *away from nature*. But mind itself is simply *spirit working in connection with a physical brain*, and we have no knowledge of any condition of things in which spirit can work apart from matter. The word *psychopathy* means a system of *soul cure*, and is less comprehensive than the term *mind cure*, which latter embraces at least a portion of the great system of duality, without which all power is impossible. The word *psychophysician* is incomparably superior to metaphysician. The word *massage* is a scientific system of rubbing, kneading or manipulation, but the mere *masseur*, who performs this massage, may be only a mechanical worker, who awakens a certain amount of frictional electricity in the patient, while he may be almost wholly devoid of this divine fire of life, which arouses the nerve forces and even the blood to the very centre. The true *magnetic masseur* is a higher grade of being, who, at times, like every true genius, feels himself filled with a divine afflatus, and longs to up-build the poor weak patient before him.

7. **Unscientific Methods.** A late writer on Massage, declares that it would require two years of study to learn to be a Masseur. Such an estimate is based on the lack of a true scientific arrangement of ideas

on the subject, a lack which comes from ignorance of the fundamental principles of vital action. Many a medical college will keep its students at work three or four years, and are supposed to be very thorough going, but when they have become able to crystallize the fundamental principles of Chemistry, Physiology, Pathology and Therapeutics into a science, they will turn out students in a single year who will be far more practical, effective and useful, than is now done in their whole course.

8. **False Theorists.** Mrs. Eddy, of Boston, uses the following language: "The animal magnetizer heals his patient through human headlong will, not through truth. Is the patient then healed permanently? No, for bad effects alone can follow animal magnetism."—*Science and Health*.

Such is the teaching of a lady, who, as I learn, charges three hundred dollars for a three weeks course of lessons. She ignores the infinite field of power that fills the universe and makes the one department of force, called the mind, all in all. So confined is she to her one hobby of the Mind Cure, that she is blind to all the thousands of cures of a most enduring kind, that have been performed through Vital Magnetism and many other methods. As to the "headlong will," such a method is often used by the psychologist or the mind cure practitioner, but rarely by the magnetic masseur. In fact, it is not unfrequently the case, that mind cures, faith-cures and prayer cures are effected by the transmission of the magnetic aura from the operator to the patient. Many other vague theories with respect to these refined forces, have been propounded, but to those who have become familiar with the etherio atomic law of force, the matter is too simple for further words.

9. Why is vital magnetism thus potent for human good? Because multitudes of human systems have become so depleted in their nerve forces as to be negative, feeble and diseased, and the treatment by the well charged masseur, pours new waters of life through all the nerve channels, and sets the blood in to a delightful movement. Then others who are over excitable and whose forces are out of balance, can have their excessive influences drawn off, equalized or quieted.

10. If there is nothing but **Faith** or **Imagination** in this magnetic force, as some people are always saying, let them explain how it is that some of the wildest birds, horses and other animals are often entirely subdued by its influence, while infants are healed as readily by its power as adults. How is it that people are so often cured by this process when they have felt confident that there was no potency in it? How is it that people have in many cases been cured of sickness simply by being in the presence of a magnetic person, and that without any exertion of

faith or will power ? How is it that faith can sometimes cause great cures, except by using these subtle all-penetrating forces ?

A few *general rules for magnetic manipulation* will be given here, but the methods for special diseases will be treated of in the after parts of this work.

11. **The Position of the Patient** should often be horizontal, or nearly so, in order that he may be negative and receptive. A reclining chair would be excellent, but if this cannot be had, a lounge, or cot or bed would do. The patient is most conveniently treated on the right side of the chair or bed, and, if possible, with the head to the north, to harmonize with the earth's electricities.

12. **Clothing should be removed for treating**, or at least, not over one garment should be kept on, and when not under bedclothes, a large blanket should be folded lengthwise once, and spread with the open part next to the operator, so that the body of the patient, when inside of it, may be manipulated with ease. Treating over one's clothing may do much good, but much of the precious life fluid is wasted in the garments. The purest people make no ado about being treated on the skin by even the opposite sex, except in the cases of some persons who, being reared under the old ideas, have come to think that the Divine Hand fashioned something to be ashamed of and altogether vulgar, when he made the human form.

13. **Who should Treat ?** Most persons who are not diseased can do good by manipulating a friend, but those who are naturally electrical, or who have active vital systems, who have dwelt much in the midst of out-door oxygen and sunlight, who have kept their bodies pure from tobacco, opium, pork eating, alcoholic stimulus and sensualism generally are very desirable as magnetists. To grow magnetically powerful, insulations on the bare body and treatment by a magnetically strong person, are great stimulating forces. Some persons have such a fine balance of all the temperaments, that they can treat almost any one with advantage. The greatest advantage, as a general rule, is derived from having a certain amount of contrast between the operator and the patient, in order that the chemical action of the latter may be brought into play by that of the former. For this reason treatment by the opposite sex has advantages over treatment by the same sex, although great good may be accomplished by one of the same sex. In an English hospital the patients are manipulated by the opposite sex, and this practice is becoming quite common in our own country. Dr. James C. Jackson, whose immense practice in his Institution at Dansville, New York, gives him a right to speak, says : "To the degree that propriety will admit, the nurse

should be of the opposite sex. This is admitted by everybody who is sick to be a correct view, the rule working only one way, men always preferring women to persons of their own sex, to care for them. It is not generally supposed to be the case that women prefer men, but they do; and to the degree that they can properly have them, they should."

My experience has shown me that magnetists are more apt to become exhausted who constantly treat their own sex, while various persons are repelled and made nervous by the touch of their own sex. I admit that some, under the influence of a false education, shrink from treatment by the opposite sex, but as society is progressing into greater simplicity and purity, this feeling is subsiding. If the magnetist cannot treat with a feeling of purity, and a ruling desire to heal and bless the patient, some other employment should be chosen.

14. **The Portions of the Body to be Treated** are not only the parts most affected, but in nearly all cases the whole system should be manipulated so that the skin, the capillaries and the nervous forces of every portion should be quickened. To treat a tumor, for instance, at the part affected only, is to leave the system full of those impure conditions, which will be apt to develop other tumors; and, although it is a very common practice among learned doctors thus to treat effects to the neglect of causes, it is truly a system of empiricism. While some patients are so sensitive as to need only slight touches, or to receive sufficient power by having the magnetic aura thrown upon them from a distance by a motion of the hands, most persons, especially those with chronic diseases, need longitudinal movements and all kinds of *massage* practice over arms and legs, like the wringing of cloths, etc.

15. **The Best Part for Commencing** on is usually the feet, which should be animated, pressed, held, rubbed and warmed, so as to attract downward the extra irritation and heat of the brain, lungs, stomach, bowels, uterus, etc. Then the legs should be carefully manipulated, as well as the whole front of the upper system, including abdominal and thoracic portions; also the arms and hands should be made rosy with new life; then the head should be treated with hands wet in cold water, the hair of the temples and upper portions being well dampened, and the ends of the fingers carried with some pressure over the whole scalp, especially over the occiput and cervix, to draw away the pressure from the front brain. *Ceruleo* is excellent for use on the head, or for other hot portions of the body, or in its absence, ordinary cold water will do; but for bringing out the hair in a new and luxurious growth, and also for preventing dandruff, *purpuro*, well rubbed in, should sometimes be alternated with

ceruleo. Even self-manipulation with hands wet in ceruleo, may be made highly effective for animating the scalp and making the hair grow. After the head is treated, the patient should turn over and have the back well manipulated with transverse and descending, and sometimes circular passes. Not only can the spinal nerve be reached by passing the fingers on each side of the spinal column and holding them there briefly, between the vertebrae, all the way down, but the interior viscera can be affected through the ganglionic system which connects with the spinal nerves.

16. **To Quiet Excitable Nerves** make slow passes in all directions *from* the brain, to prevent too great a flow of sensory forces *to* the brain, and press warm hands over the back-head, cervix, lower spine and feet, Fingers wet in ceruleo, would facilitate the matter.

17. **To Arouse Cold Blood and Dormant Chronic Conditions**, and kindle the capillaries and veins into greater movement, make *upward* instead of downward passes and transverse massage movements, and spat and knead the flesh, if the patient is not too excitable,

18. **To Tone Up and Strengthen Muscles**, *make upward passes*; to **Relax Muscles** when drawn up too tight, *make downward passes*. Upward movements in front should not pass directly toward the stomach, and upward movements over the back should not pass directly toward the brain. Thus, to draw up and tighten the muscles that hold the womb in position, and prevent the tendency to uterilapsus, make the passes over the womb upward but outward toward the sides, and to strengthen and tone up the back, make passes from each hip diagonally upward, crossing at the small of the back, and bearing gradually toward the opposite side or opposite shoulder.

19. **For Varicose Veins and Bruises**, upward passes are more important than downward, as they help capillary and venous action.

20. **For Hot or Inflamed Portions of the Body**, especially at the epigastrium or small of the back, the fingers should be wet with ceruleo, or at least in cold or acid water, and passed outward from the hot place. For inflamed ovaries, wet fingers should be passed upward from them, and curve around downward along the thighs.

21. **For Feverish Conditions**, manipulate the whole body with the hands thoroughly wet with ceruleo, or with ceruleo combined with some acid. In case the skin is yellow with jaundice, or a bilious condition, take a couple of teaspoonfuls of acetic acid, and dilute it with at least, fifteen teaspoonfuls of ceruleo or purpuro, and dip the fingers in it for
as it will tend to neutralize the alkaline element of the bile

22. **For Hot and Cold Conditions**, place the right hand over the hot, and the left over the cold place. **To Soothe The Brain**, place the thumb and fingers of the right hand on each temple, and the left hand on the back head. **To Induce Sleep**, hold a hand over the cervix, or, still better, place the right hand over the cervix and the left over the lower spine; also hold the feet with warm hands; also manipulate the back and sides of the brain with wet fingers, avoiding the front portions. The brains of some persons are so sensitive that it may not be best to touch the head at all, especially if the operator's hands are very warm.

23. **To Animate the Stomach and General Nutrient System**, rock the stomach back and forth, and hold the left hand over the stomach, and the right hand over the spine directly opposite the stomach. Another important point is to animate the stomach through the pneumogastric nerve by pressing the ends of the right fingers in front of and below the right ear, and the ends of the left fingers in the same way on the left side.

24. **To Cure Constipation**, make the hand pass in circles for some minutes over the bowels, carrying it up on the right side, across to the left side just below the stomach, and down on the left side, and then cross over and repeat the strokes continually for five minutes or more. In this way the ascending, transverse and descending colon is reached. **To Cure Diarrhea**, make the passes in just the opposite direction. Also prescribe ambero for constipation, ceruleo for diarrhea.

25. **Aged People** find that long and forcible treatments are too powerful. Their treatment should be gentle and brief.

26. **For Unbalanced Conditions**, in which one part of the body is too hot and another too cold, the forces can frequently be equalized by making passes from the hot to the cold parts, or sometimes by placing the right hand over the hot and the left over the cold portion. It has already been shown that the right hand is the colder, and answers to the positive pole of an electrical battery, while the left hand answers to the negative pole. If the patient's system is considerably charged with impurities, it may not be wise for the operator to place both hands on his body at once, as this completes a circuit, and may carry some of the diseased elements of the former into his own body.

27. After and during every treatment, the operator should place his hands in water to conduct away any imperfect conditions which he may have absorbed, or still, better in some acid or perfumed essence.

Other methods of applying magnetic massage to the cure of different diseases, will be referred to in after parts of this work.

XIX. GALVANIC AND FARADIC ELECTRICITY.

1. **Electricity**, as we have seen (p. 4th), is the cold or contractive principle, although in many cases, it is not felt as cold on account of its refinement. It exists largely in cold water, in cold air, in ice, in the blue and violet rays of sunlight, in all acids, and in many other objects, as explained on p. 5. It is aroused by friction, by chemical action, by galvanic and magnetic appliances, by the processes of animal life, and exists in a more gentle or negative form in all things, being a necessary element in all force.

2. Although **Electricity** is in perpetual movement through every possible combination of atoms, being the polarizing and crystalizing principle, it is only those streams that are greatly increased and intensified by means of friction, or by chemical or mechanical action that are usually known as electricity.

3. Electricity may be developed in smooth flowing or **Continuous Currents**, or in **Broken Currents**, in which the stream becomes dammed up for an instant and then bursts over with greater energy. The former is more quieting, the latter more rousing. When I speak of currents of electricity, I, of course, mean actual currents of ethereal substance, in harmony with the fact that in nature all forces flow forth as real fluids (see p. 1).

4. A process of developing electricity through **Chemical Action** may be explained by the following diagram :

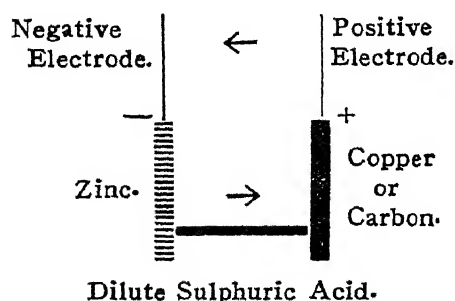


Fig. 38—Galvanism.

A certain fluid, most commonly dilute sulphuric acid, is put into a vessel. This, of itself, is exceedingly electrical, but to give direction to this electricity it is necessary to insert in the fluid one end of two contrasting substances called *elements*, such as zinc on the one side and copper or carbon on the other. The bluish white zinc is more electrical, the reddish copper is more thermal, as the color signifies, consequently we have a true contrast of forces.

As thermism always attracts electricity, we may know that the leading electrical current will be drawn into the copper, and this current will become powerful as soon as the upper ends of the two elements are connected in some way, either by a wire or by a human being, who may

hold one electrode* in one hand and the other in the other. In this way a complete circuit is formed, the electrical current sweeping from the electrolyte (liquid of the battery) into the lower end of the copper, through the upper end and out through the connecting wire or person, and back through the zinc and the electrolyte to the copper again. Where it emerges from the copper it is *positive*, and is generally designated by the sign plus + ; where it enters the zinc, it is negative, and is marked minus —.

5. **The Terms Positive and Negative** are often used so vaguely that it is proper to state that a strong *efflux* force is more often *positive*, while an *influx* force more often negative. Electricians, with some confusion of idea, usually speak of the copper or carbon as the positive element and the zinc as the negative, simply because the current which is drawn through these elements is efflux at the upper end of the carbon, and influx at the upper end of the zinc. This is now being changed, however. Zinc is one of the most electrical of solids, and is so positively so that its efflux streams, where it is in contact with the liquid of the battery, carry off and disintegrate its substance with great rapidity.

6. **The Nature of the Two Electrodes is as follows:** The positive is cooling, consequently it is quieting, anti-inflammatory and sedative, but as thermal currents always move in the opposite direction to the cold forces in a line of atoms, the negative electrode is heating and animating. Electricians have an indistinct idea of these two departments of force, but have approximated quite nearly to the correct nature of the electrodes. They describe the *anode* as "sedative," which of course is in harmony with the *cold* idea and the *cathode* as "stimulating." Professor Ranney of New York uses the following language :

"The negative electrode is the more painful to the patient, and produces the greatest chemical action. . . . It is not uncommon to see a reddening of the skin, and even vesication, produced by a strong current at the negative electrode, if kept too long in contact with it. The cathode is the 'stimulating' or 'irritating' pole of a galvanic battery. The anode is, by contact, the 'sedative' pole." *Electricity in Medicine* p. 44.

Our scientists would understand the causes of these effects all the

* The ends of each wire or cord connecting with an electrical battery are called *electrodes*. The cords themselves that lead to the battery are called *rheophores*. The positive electrode is called *anode*, the negative, *cathode*. A *commutator* is an arrangement by which the polarity is changed without moving the electrodes, the positive current being thrown into what was before the negative electrode and *vice versa*. *Electrolysis* takes place when, in a galvanic current, particles of one of the elements are carried away and deposited on another substance, as in plating, or at least separated from their original position. In this way currents passing through a human being may conduct away certain foreign elements, like mercury, etc., and thus relieve the system.

better, if they could realize that heat and cold rule everywhere, although in many cases their grades of fineness may be beyond the power of thermometers to measure. It is always incorrect, in speaking of positive and negative forces, to say that one class is more chemical or powerful than the other, as either side is powerless without the other. It is too much like the old method of saying that the violet end of the solar spectrum is *actinic*, but the other end not, or like affirming the superiority of man as a whole over woman, or of woman as a whole over man. The cathode is simply more powerful in rousing up or warming cold and chronic conditions, while the anode is more powerful for balancing hot, acute or inflammatory conditions.

7. **But Electricity moves in both Directions.** I have shown elsewhere that lines of atoms are usually placed side by side conversely, so that the electrical currents pass both ways, and heat currents both ways. Why should one direction then be considered especially positive or electrical, and the other negative (thermal), both in magnetism and galvanism? In the magnet we know that the north pole is positive, but we also know that an electrical current passes out at the south pole, or circulates around it, otherwise, it could not attract. The fact is that a stronger grade of electricity passes in one direction than in the other, and gives character to its own pole, while a correspondingly strong thermal current passes in the opposite direction, and causes a predominance of heat force. Sensitives can feel the coldness of anodal forces, and the warmth of cathodal ones. Reichenbach's sensitives saw a predominance of the cold colors around the positive pole of the magnet, and of the warm colors around the negative pole, although the contrasting colors were seen in a less degree at the same poles.

8. **Galvanism**, sometimes called **Voltaism**, is the *constant* or *battery* current developed in a way similar to that described in connection with the diagram. It has a special and distinctive polarity with power of *anode* and *cathode* as already described. For this reason it can be used more scientifically for the cure of disease than Faradism.

9. **Faradism** is an *Induced or interrupted current* produced by the magnetizing and demagnetizing of a core of soft iron. It is developed by aid of a battery, but its force does not come directly from the battery. Unlike Galvanism it has no distinctive polarity, which changes with each "make" and "break" of the circuit so that one pole is the same in its effect as the other. This fact prevents its having any power of electrolysis. The broken current of Faradism is especially animating, something like percussing the flesh in massage, but is less quieting to the nervous system than the primary current. The galvanic current pene-

trates more deeply into the tissues of the system, than the Faradic or Static current.

10. **Static Electricity** is developed by friction, and being one of the coarsest of all electrical currents does not penetrate much below the surface of the body. Being thus rousing to the periphery it tends to make the skin active, and drawing outward some of the excitable conditions of the interior system, has proved useful in spasmodic and hysterical difficulties.

11. *We have already seen that electricity is a fluid as well as principle of motion, and this fluid must partake of the more refined elements through which it passes; consequently it is a safer way of conveying medical elements to the system than it is to take crude drugs into the stomach.* I would advice the use of two cells or two sets of cells, the one to be more thermal and rousing in its fluid, and the other more electrical and soothing. For the *thermal cell*, the following would be, appropriate: 6 oz. water, 1 oz. sulphuric acid, 2 oz. bichromate of potassium, 3 pwt. sulphate of quinine, 6 drops tincture of iron, and 4 grs. salicylic acid. For the *electrical cell* put in 8 oz. of water, 1 oz. sulphuric acid and 12 drops of indigo. Be careful not to get the cells interchanged.

12. In the future it is probable that **New Elements** will be used. For the thermal side, gold must be more refined than copper, and carbon which is already in quite common use, must also be superior to copper. Is there not a more refined element than zinc on the electrical side?

13. **Electricity and Sunlight Compared.** According to the law of power sunlight must be more potent than electricity of the battery, being more refined, and, when aided by a proper instrument with reflectors and colored glass to adopt its power to every part of the body, millions of rays, modified scientifically, penetrate into and vitalize the whole body at once. Nevertheless electricity has its important uses and may be carried by proper electrodes into channels where the sunlight cannot so directly enter, such as the uterine organs, the rectum, etc. Cataract of the eye has often been cured by a sort of an eye cup, to which the positive pole is attached, and other ingenious processes are adopted. *Birth marks* are cured electrically, but as these can be cured ten to twenty times as rapidly by a burning lens, the electrical methods should go out of use. The needle electrode is often used to destroy the roots of hairs on female faces. It is probable, however, that the burning lens, if made to thoroughly blister the parts, would accomplish the same purpose much more rapidly, and by the aid of cocaine, with much less suffering. This, however, has not been tested.

Solar *cautery* is better than electrical cautery, and is sure to leave no scar. The power of diagnosis is an important feature of galvanism.

14. Brief Rules in Electro Therapeutics.

The following is condensed from Prof. Ambrose L. Ranney's rules on the subject.*

To enable the electricity to penetrate the system far more readily, soak the electrodes in a weak solution of table salt, not in simple water.

Begin treatment with weak currents. In a majority of cases weak currents are indicated rather than strong ones.

Do not change the polarity of a current during application oftener than circumstances demand.

Use very gentle galvanic currents for the brain.

The cathode should generally be larger than the anode.

Treatment for five or six minutes is generally sufficient: should be more sometimes.

It is seldom necessary to treat oftener than once a day, and three sittings a week will suffice in most cases.

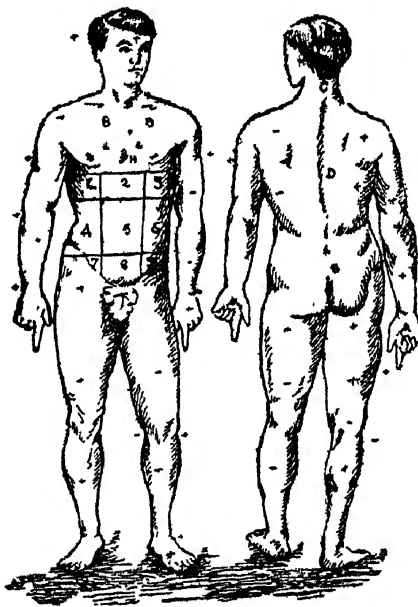


Fig. 39.

Fig 40.

1, 3, right and left hypochondriac regions; 2. Epigastrium; 4, 6, right and left lumbar region; 5 Umbilicus; 7,9, right and left inguinal regions, 5. Hypogastrium. The Thorax lies above 1, 2, 3; B, B, the Bronchi; L, L, Lungs; H, Heart.

C, includes the Cervical D, the Dorsal, L, the Lumbar, and S, the Sacral region of the spine.

15. Polarity of the Human Body.

In previous works I have shown that the right side of the body is positively electrical, while the left side is thermal or negatively electrical. I have shown also that the front is also positive, though in a less degree, and the back negative. In harmony with the laws of attraction and repulsion, we find that when two persons join hands on the law of contrast the right hand of the one taking the left hand of the other, the effect is harmonious and quieting, while if joined on the principle of similars, the effect is arousing and exciting, and to sensitive people painful. The same general effects are produced by the galvanic battery, when applied to the human body and the general law for harmonizing the conditions, is to *use the anode over hot portions of the body, and the cathode over the cold, chronic portions.*

* Electricity in Medicine, by Ambrose, L. Ranney, M. D., D. Appleton & Co., New York. (14)

Professor Durville of the Library of Magnetism, 5 Boulevard du Temple, Paris, has mapped out different parts of the human system with the signs + and - in a way which corresponds at almost every point, with the results of my investigations. I have copied from him the diagrams represented by figures 39 and 40 giving his exact signs, and adding the divisions of the abdomen and other parts of the body, for the convenience of young students.

The following words I translate from Professor Durville's little work called "Application de l'Aimant," and refer to the poles of the Magnet the north pole acting as the anode (+) and the south pole as the cathode (-):

"The poles of the magnet directed upon the poles of the same name (isonomous application) produce *repulsion, heat, excitement*; the poles of the magnet directed upon poles of the contrary name in the human body (heteronomous application), produce *attraction, coolness and a pleasant quiet.*"

XX. THE MIND CURE AND STATUVOLENCE.

1. The **Human Mind** is a mighty factor, possessing, as it does, the ability to measure and weigh the worlds of space and to take cognizance of an interior universe, which seems to take hold of infinity. On the one side it includes a portion of the deific essence which we term the *soul*, while on the other, it includes a physical brain working in connection with it. Between the two and acting as a connecting link to both, are those exquisite ethers, which, though combining both the material and spiritual, kindle the brain, and sweep through all parts of the body, as well as, to some extent, into the external world around us. While this ineffable soul or spirit is thus the refined portion of mind, these wonderful ethers being fine enough to draw the spirit onward,* animate the cells of the brain and nerves and thus constitute the more material side

* To say that these ethers can *draw* spirit onward, may seem a blind expression to some of my readers who are unacquainted with the laws of force. I have shown that all atoms have a powerful suctional force; that ethers are very fine atoms which attract still finer ethers through their channels. When the finest of all ethers is reached and atoms have come to their ultimate limit, then, underneath the whole, must dwell that *unparticled essence of Divinity*, which we call pure spirit, the great *Intersoul*. The finer ethers as well as the finer channels of some larger atoms would probably be of so exquisite a character as to respond to this spiritual essence, and while attracting it onward would themselves be kindled into active vibrations. While spirit thus moves forward, as the positive side of power, into the whole universe, it dwells in an intensified and organized form in every human system. Is it not a soul-exalting thought, that we are all thus sons and daughters of God, endowed with an unatonic and hence immortal principle, and though dwelling in the midst of unripe conditions for a while, must eventually evolve more and more toward the infinite Perfection?

of mind. This is a marvelous union of spirit and matter, a quality of forces which can never work separately, any more than any other combination of correlative forces can work independently of each other. The soul essence, almost infinite in its elasticity, expands and kindles the mental ethers which, in thier turn, are drawn forth into the cellular portion of brain and nerves, and, to a lesser extent, through the coarser parts of the system. The forms, colors, sounds, odors, flavors and other forces of the outer world, flow in upon the brain and nerves, rousing these mental ethers in a way to call forth the soul essence and produce those effects which we designate *thoughts, emotions, volitions*, etc. Nature thus throws her images and impressions upon the sensorium, but having done this, mind, by aid of the frontal and other portions of the brain, reasons about them, perceives their relations and creates a world of her own.

2. Certain **One-Sided Theorists** affirm that spirit is all in all; that spirit controls matter, but matter has no influence on spirit. To be logical we should say that there is no need of fire to warm us in winter, or food to ward off hunger, or sleep to rest brain and nerves, while alcohol, opium and similar chemicals have no power to intoxicate or affect the mental forces. As ten thousand facts oppose such theories, it would seem unnecessary even to mention such absurd beliefs, only that so many mind cure people of to-day are proclaiming such sentiments. "My experiments," says Mrs. Eddy, of Boston, "have proved the fact that mind governs the body not in one instance, but in every instance." And yet there are conditions of paralysis, convulsions, St. Vitus's Dance and a host of other things in which the unaided mind is helpless, in spite of such reckless assumptions.

Mr. W. F. Evans, of Boston, who has taught so many useful and excellent things in his earlier works, has of late gone to some of the wildest extremes of the German mystics. He writes as follows:

"There are no external sounds, for sound is a sensation, and that exists only in mind. If the music is not in us it is nowhere. Light and color which is a modification of light are not outside of me, but in me. I am the light."—*Primitive Mind Cure*. (p. 50)

In this Mr. Evans has mistaken the *perception* of light, color and sound for the things themselves. If this theory were true and we were all blind and deaf, there would be no such thing in the universe as light and color, no glories of music, no warbling of birds, in short, no sun in the heavens. Would the sun cease to vitalize the world just because we may happen to become blind? Sunlight and vision are very different things.

These extravagant conceptions, though held by many excellent people, would blot out the whole realm of nature and make mind all in all. For us to believe such theories is to ignore all facts of the outer world, all laws of things, all science, and settle down upon an imaginary universe of spirit which we have concluded to call omnipotent, although we can prove nothing of the kind.

Having said this much to guard against a dangerous error, it is now proper to state that mental force, volition, imagination, impulse are capable, under certain conditions, of becoming mighty factors for human upbuilding, and this because they deal with refined materials as well as spiritual forces.

3. To attain to the greatest **Mental Control**, it is necessary to use not only mental and psychological forces, but such fine material forces as sunlight and animal magnetism, also, nourishing food, pure air, etc. Once get the system powerfully charged with magnetic and spiritual energies, and it has a healing and ennobling power upon every one in proximity to it, a power which will flow forth into other people's brains and make them more effective in using their own volition in the process of self-cure.

4. **Mind Healers** who are magnetic are more successful than those who are lacking in magnetism, as they radiate a vitalizing force to their patients. The *will power* itself, requires a fair amount of magnetism before it can work properly. There are persons, who, when in health, can control not only their own forces, but those of people in their vicinity, but when they become demagnetized, negative and feeble, are powerless to control others.

5. The **Mass of Mankind**, as yet, are not sufficiently sensitive to receive the fullest power from another, excepting through the medium of touch, hence magnetic massage and sunlight will have some advantages over the *mind cure* system as commonly conducted. Nor can patients wield their own mental forces fully in a way to cure disease until their bodies have been quickened by receiving the refined forces, of nature and purified by perspiratory baths.

6. **Satuvolence**, (state of willing), or a system of *self psychology* in which the mightier psychic forces are brought into action, is the true system of mind cure, compared with which all other mental forces are feeble. The method of applying and calling into action these wonderful forces for the cure of disease, the relief of pain and the development of clairvoyance, has been developed most practically by the late William Baker Fahnestock, M. D., of Lancaster, Pennsylvania, a gentleman who thus accomplished a good for mankind, but who, like Dr. Braid and other

experimenters in mesmeric forces, was totally unacquainted with the philosophy of their action. This method of self-psychology has the great advantage over the psychological force that comes from another person, that it gives one an innate self-control which can be exerted at any time after once getting thoroughly into the condition. It enables one to control not only mental conditions, but to hold the sensory nerves in such subjection, that all sensation can be removed from any or every part of the body, and any kind of surgical operations performed without pain.

7. **Explanation.** Statuvolism or Statuvolence, is a method of bringing the more refined psychic ethers of the interior brain into predominance over the system, in the place of the grosser animal ethers, which ordinarily rule. As the *Law of power*, which I have already explained, consists in *refinement*, we may see why it is that these lightning forces are so potent in their action, when the will power is able to send them to any part of the system.

8. **How to develop statuvolence.** I will give some leading points of Dr. Fashnestock's method combined with my own conceptions and experience. Let the subject rest in easy position, with head to the north, if convenient. To draw these interior ethers outward, he should fasten his thoughts intensely on some object outside of himself, or especially on some house or locality at a distance, which both he and the operator may know something about. The operator should sit as much as six feet away from him, so that his coarser animal ethers should not mingle with his subject. In order to keep the subject's attention riveted every moment upon the place, he should occasionally speak to him and call his attention to the different features of the place, taking it for granted, that a portion of his spirit is actually there. He can address him as follows: Go into the parlor and see what objects are on the mantel. Notice the color of the carpet and go close up to the sofa. See what pictures are on the wall and how the chairs are arranged. Look through the house and see what persons are there. (After pausing awhile). Go outside of the house and see if any changes have been made. Look up and down the street and see if any one is passing.

In this way the mind is directed to a distance for a half an hour or an hour at a sitting. Often the condition may be entered into at the first sitting, and some times a number of sittings may be required. Dr. Fahnestock believed that every one could enter the state sooner or later. One who became a very fine clairvoyant and statuvolist required twenty sittings. I have had subjects who saw clairvoyantly hundreds of miles at the first sitting, and, on writing, ascertained that they saw

correctly, although they were not so fully in the state as to lose ordinary consciousness. The subject should be assured that no harm will come to him even if his soul seems almost to be leaving his body. Even when I have got subjects, only partly in the condition I have enabled them to brace themselves against bad influences, and permanently to gain a new power of self-control. Dr. Fahnestock had a boy, while in this condition, willed his club foot to assume a straight position and it did so, and he enumerates cases of Rheumatism, Scarletina, Chorea, Epilepsy, Hysteria, Amaurosis, Labor pains, etc., which were cured in the same way. I will quote one case of intermittent fever, as he describes it.

"Mr. S. P. B., had been subject to Ague every third day for six months. He entered this state, but imperfectly upon the first sitting without any relief. On the second sitting he entered it more perfectly about half an hour before the chill was expected. He remained in the state about two hours, during which his mind was diverted by directing him to cast it to distant places, and to see clairvoyantly what was going on. At the end of that time, no chill or fever appearing, he was requested to awake, after his making a resolution that he would forget his disease. I met him five months afterward, when he declared that he had felt nothing of the ague since he had been in the sleep. Many others have from time to time been relieved in the same way."—(*Statuolence or Artificial Somnambulism*, p. 290.)

Miss J. R. Elliot of Washington, a student of Dr. Fahnestock, has induced the condition in many cases. Of one of her cases she writes as follows :

"One gentleman got into the condition last March, after sitting three times.....He has the power to become entirely insensible. He has more physical control over his organism than any one I have taught. He can throw his body into the condition, or bring it out by piece meal, and leave one little finger in, or he can begin with the little finger and drop the whole body in. In this he has become an expert. He said a few days before he reached here lately, he had been travelling day and night, until he had become so fatigued and nervous, he could not sleep, and he lay tossing in bed. All at once he thought of statuolence, and concluded that if ever it could be of any use now was the time, so he started somewhere, and in a very few minutes he was off in a delightful dream. He now thinks this of itself is worth all it cost him."

The power to uphold both mental and physical conditions, by statuolic and other mesmeric processes is truly marvelous. Suppose the person has acquired a love for liquor, tobacco or opium or some other hurtful thing. While in this state get him to agree that he shall be made sick every time he takes it. On awaking he may forget all about his resolution, but there seems to be an ever wakeful interior brain that forgets nothing, and as soon as he touches any of these things, he will be surprised to find himself getting sick, until he becomes disgusted with the habit, and leaves it off.

In all cases the patient's attention should be directed to his disease, or to the condition of mind to be changed and then asked to will it away.

He will wield these mighty interior forces, and psychologize himself all the more successfully if he can realize that what he wills will take place. He must not be allowed to come out of the state in a distrustful and timid condition. He must positively determine that some important purpose shall be accomplished, otherwise his sleep may be useless.

Self Psychology can be practiced with more or less success, by every human being, even if the full statuvolic state should not be reached. Let one get into a quiet state for a few minutes before rising on each morning, and then *will* to be self-possessed and cheerful all through the day; *will* to be strong against any besetting weakness, and he will soon be surprised at the new power he has gained. Some persons are in an intuitional or psychic condition much of the time, and can wield their own forces with fine effect, if they but use their will power.

XXI. HOMOEOPATHY

My investigation of atomic and chemical forces has led me to perceive, aside from all discoveries of Hahnemann or his followers, that Homeopathy has developed an important side of truth to the world, and that the common sneers with reference to it are largely founded on ignorance of the fundamental principles of force.

1. **A Popular Sophism.** It is supposed to be an overwhelming argument when it is said that a high dilution destroys all traces of the original drug, even the tenth centesimal attenuation, for instance, diluting the original drug 100,000,000,000,000,000,000 times. A knowledge of atomic law shows how the process of triturating a drug communicates a certain principle of force; which attracts a special grade of matter from the atmospheric elements. I have shown (see "Principles of Light and Color," p. 172) that a refined form of all earthly substances floats in the air, and we may readily see that the electrical excitement caused by the shaking or grinding processes of trituration will develop a chemical action that is absorptive of these surrounding volatile elements.

2. **The Philosophy of Trituration** is not understood even by physicians, and Homeopaths themselves are still considerably at sea with reference to their favorite principle of *similia similibus curantur*. Hahnemann defines his leading principle thus: "Select for every case of disease a medicine capable of calling forth by itself an affection similar to that which it is intended to cure" (Organon). But we have seen that the law of harmony requires *contrasting* rather than *similar* elements—that similars repel and excite each other, a thing which is some times useful to do, but that in the general treatment of disease, which is a one-sidedness of condition, the great thing to be done is to find the elements

that make up the other side of force, and so bring about the balance that constitutes health. Is not Homeopathy then at war with the great principle of harmony which requires *contrasts* rather than *similars*? I answer yes, if we take it as Homeopaths too generally do, but no, if we build upon a true system of trituration? It is a process of shaking, or crushing, or agitating a drug at each dilution, which awakens its chemical activities in such a way as to attract affinitive elements from the atmosphere. But chemical affinity never deals with similars, but with contrasts, an acid affinitizing with an alkali, a blue element with a red, etc. We come then to this rule, which, if understood and practiced upon, will prevent a great many mistakes, and lead to many grand results, namely:—*Find a drug that will produce a disease similar to that which you wish to cure, then triturate and dilute it until it is raised to a high attenuation, and you will thus have obtained, by chemical action, the contrast of the original drug and consequently the true element for producing a cure.* Hence, the Homeopathic law finds some of its greatest results in high attenuations rather than in the original drug or in low dilutions. Besides this, the high dilutions have a more refined potency and avoid the crude or poisonous nature of the original drug. Hahnemann preferred the 30th attenuation, and so was a high dilutionist.

3. **Dissimilars.** True Homeopathy then cures on the principle of *dissimilars* rather than that of *similars* and thus follows out the eternal law of things. And yet *the law of similars affords a scientific pathway for reaching by means of trituration, the principle of dissimilars, so that cures may be achieved.* In a few cases where delicate conditions rule, however, we may introduce similar elements unchanged with their repellant action to advantage. Thus: if a frozen finger should be thrust into hot water, this coarse grade of heat might prove almost ruinous to tissues already nearly ruined; but, if the fingers were to be held for a moment in ice water, the coldness of the water would have some repulsion for the coldness of the fingers, and the refined element of vital heat rushing forward to fill its place, would succeed in rebuilding the almost shattered tissues. But even this is but another method of calling forth contrasts. Again, although it is almost the universal practice to remedy ordinary inflammation by cold water, cool air, blue light, etc., yet, in certain cases of negative inflammation, which is really a cold congested condition, we apply hot water, or hot substances to the part affected. So the ultimate end, after all, in healing, is always to gain contrasts. But even in the case of the frozen finger, I believe that a warm magnetic hand could be applied at once without the aid of the cold water.

4. But **Facts**, as well as **Chemical Principles**, show that this theory of trituration is correct; in other words, *high attenuations give an opposite*

style of power to that of low attenuations or to the original drug. I have room for only a few verifications of it, as follows:—

The late Dr. C. A. McChesney one of the prominent Homeopathic physicians of Cincinnati wrote me thus:

“The Homeopaths use yellow medicines, which, in material doses, cause diarrhea. They use the same medicines in attenuation, to cure diarrhea. Are the rays of light more material than homeopathic attenuations?” (No; the solar rays average a little greater degree of refinement than homeopathic preparations. Dr. McChesney also stated that high attenuations of opium are given to awaken persons from the sleep caused by taking opium in the ordinary crude form.

Dr. J. H. Fulton, a skilled Chromopath and Homeopath, at No. 11 Victoria Street, Montreal, writes me as follows:

“Why is it that sulphur (yellow principle) in its crude form, will physic, and its highly attenuated (200th) will cure diarrhea? I have seen this repeatedly. Again, phosphorus in its crude state or low dilutions, stimulates the sexual function to a great activity, but in a high dilution (200th or more), it depresses sexual feelings? I have proved this many times.”

Dr. Samuel Swan, an accomplished Homeopath of New York, informs me that he has charged substances with red light, and then, after raising them to the millionth attenuation, has found them to act finely as nervous sedatives, while with a high attenuation of blue charged substances, he has produced an exciting effect; in other words, each color has been made to attract its chemical affinity, or contrasting principle, by means of trituration. If the learned Doctor had understood chromopathy and this law of trituration, he could have saved much time by taking the blue and violet power directly from the sunlight, without any trituration for the sedative effect, and the red for the stimulus.

The late Dr. Volney P. Slocum, Eclectic physician of New York, gives an account of a remarkable cure of a terrible case of spasms by a high attenuation of Lobelia, although it is well known that, in its crude state, it will produce the spasmodic action of vomiting. A high attenuation of mercury is given to cure salivation caused by the crude drug.

5. Is Homeopathy Successful in Healing Disease? Success is the test to which all systems must be brought. Dr. Joseph Hand, M. R. C. S., of London, speaking of Homeopathy, says: “So efficacious has it proved, according to statistical returns given by various hospitals in England, Scotland, and other places abroad, that whilst the mortality from all diseases was $10\frac{1}{2}$ per cent under Allopathy, it was only $4\frac{1}{2}$ treated homeopathically.” He says, also, that domestic animals, such as horses, cattle, fowls, etc., are cured to an extent of 74 per cent. greater than under old school practice. A number of American Hospitals show two or three times as many cured under homeopathic practice as under allopathic.

If some one shall say that diet, or leaving the patient to nature, make these cures, how about the multitude of cases that have dieted and allowed nature to work without being cured until the homeopathic remedy has been given? Take the single case of gall stones, which are considered so difficult to cure under the old methods. Dr. Fulton, of Montreal, states that he has had great success in curing this disease, by giving elements similar in nature to the gall stones themselves namely, *calcareo carbonica*, after it has been raised to a high attenuation. How many other diseases yield in the same way? The following letter from the well-known and able clergyman, the Rev. G. H. Corey D. D., announcing an almost magical cure wrought by the 40,000th attenuation of Nitric Acid, will seem astounding to those who are ignorant of these marvelous forces:

In 1870, I was one day walking down Broadway, when my right knee suddenly failed to perform its functions. An excruciating pain ensued. The pain passed away for some days, when another attack came with increased severity. At last, I put myself in charge of a physician who thought it Arthritic Rheumatism. Receiving no benefit, I changed my physicians several times. Not one of them succeeded. I then turned to the books, myself, and read and studied constantly, and really thought myself fully acquainted with the case. I concluded it was a case of *spontaneous luxation*. But I did not improve. The agony I endured at times was something terrible. One day, an eminent Homeopathic Physician was at my house when I was hobbling around on crutches. He said "what ails you?" To which I answered, That is what I would like to know. I gave him the case, when he said, "You ought to be able to cure that difficulty," and added, "with one dose of medicine." He asked me to cease taking remedies and write out the symptoms of the case. I gave him the full record, and added, that I had received old school treatment of the most heroic kind until I was a man. When I took the record to him he simply said, "Humph! one dose will fix you. Take this and nothing more." I enquired what he was giving me, and he said "Finke's 40,000th Attenuation of Nitric Acid." I ridiculed what seemed to me the presumption of the doctor, and clamored for something stronger. But I took the medicine, one dose, and waited for the return of the trouble, and have waited since 1873! I am waiting still, and hope to wait forever without any sign of its return. This trouble covered a period of about three years, resisting all treatment until I took the remedy above prescribed, and there has been no return of the trouble.

Now, Doctor, I have hastily sketched this experience. It does illustrate the power, the dynamic energy of the finer forces when properly applied. Faithfully yours,

July 7, 1887.

G. H. Corey.

6. *But Homeopathic remedies are often said to be poisonous* and hence must be hurtful. Here, again, comes in ignorance of chemical law for even poisonous drugs, if well diluted, triturated or succussed against the air; in other words, if raised to a high attenuation, may so absorb the contrasting elements by chemical affinity, as to lose all their poisonous character. We call chlorine poison, and yet, if combined chemically with sodium, it forms the substance called salt, which is not a poison. *Oxygen*, and especially its more powerful form, *ozone*, is distressing if

used in an absolutely pure state, but if combined chemically with hydrogen, it forms the indispensable substance, *water*. Knowing the tendency of all medicines, to gain more and more of the contrasting principle in proportion as they are triturated, we may therefore modify our treatment accordingly, and work on the safest and most scientific principles. *The common expression that what is poisonous to a healthy system is equally poisonous to a sick person, is quite false, as seen in these higher laws of chemical action*, for what is poisonous in one case, may be the highest harmony for another condition. Do I encourage the use of poison, then, by these principles? By no means; I would show how to banish poisonous effects by revealing the correlation between the parts of the human body and the chemical elements of the external world, also of the psychic world.

7. Some **Mistakes of Homeopaths**. We have already seen some of the mistaken ideas of homeopaths concerning *trituration* and the law of *similars*. Having reached a grand law, they tend too much to be satisfied with it to the neglect of other laws of nature. Having found a great advantage in the law of *similars*, they fail to sufficiently grasp the great law of *dissimilars* or contrast. They too often commit great blunders by applying the principle of similars directly, *i. e.*, when little or no trituration has taken place. How common it is, for Homeopathic works to prescribe remedies without the least reference to whether they are to be given in high or low attenuations, although the difference in results is heaven wide. Some Homeopaths prescribe very low attenuations of deadly poisons, and thus pervert and injure human systems, as truly as do the Allopaths. Homeopaths should remember that their whole system is founded on falsehood, unless trituration or succussion is practiced. Dwelling so much upon the principle of similars, they do not become as deeply versed in the principles of chemical affinity, which deals in dissimilars, as would be desirable, and are in the habit of declaring that the forces of *life, spirit, vital dynamics, etc.*, are not to be classed with the principles of chemical affinity, and are not directly correlated with material conditions. I have adduced in many other places, facts and principles to show that the universe, both spiritual and material, possesses an absolute unity of law, and that neither spirit nor matter can ever act entirely apart from each other, and it does not require any more words on this point here. (See pp. 1, 2, 3, 4; also Prin. of Light and Color, Chap. I., IX and X.) The following one-sided conception of disease is taken from Hahnemann's Organon :

“Diseases will not cease to be (spiritual) dynamic aberrations of our spirit like life manifested by sensations and actions; *i. e.*, they will not cease, for the sake of those foolish and groundless hypotheses, to be *immaterial* modifications of our sensorial conditions (health)”.

As a result of this theory in which bodily forces are neglected, he is led to make the following points, some of which are admirable, and some, which I have put in italics, would be disastrous in practice :—

Homeopathy sheds not a drop of blood, prescribes no emetics, purgatives, *laxatives or sudorifics*. *It removes no external diseases by local applications: it orders no medical baths or enemas*, and makes no use of blisters, sinapisms, setons, or fontenelles; it objects to salivation, and does not sear the flesh to the bone by moxa or heated iron. The Homeopath needs no opium to soothe pain, etc."

Some of these are noble utterances to have been given so long ago as 1833, but his condemnation of "local applications," etc., is unfortunate, as it would do away with fomentations, compresses, pads, magnetic appliances and the like. While some homeopaths are outgrowing these conceptions of Hahnemann, and becoming more and more eclectic, others cling to their idols, and are incapable of large conceptions. Others, still, depart from their founder in the wrong direction, by using crude and poisonous elements too freely. Medical men, like theologians, are not sufficiently cosmopolitan in their grasp of truth. The homeopath who consciously neglects Chromopathy, with its grand power to bless mankind, or ignores manipulation, or water cure, or air cure, is criminally neglectful of his opportunities, for he is simply letting patients die who might be saved. It is cheering to know, however, that many broad and accomplished minds that rise to the grand possibilities of Homeopathy and kindred methods of cure, are to be found in the Homeopathic ranks.

8. **Office of a Physician.** "The physician's highest and only calling," says Hahnemann, "is to restore health to the sick, which is called healing." It is somewhat singular that this large-souled man should be contented with this conception. The true physician, especially the *psychophysician*, should not only minister to bodily ailments, but treat those mental and spiritual perversions which result from imperfect physical conditions, and thus help humanity upward into harmony and power.

9. **How to Modify and Potentize Drugs.** Every drug is capable of being intensified, or softened or vivified in its action, by means of trituration, or sunlight or vital magnetism. Suppose we have capsicum, and wish to warm the blood of a patient, without causing too much excitement; put a decoction of it into a glass bottle and shake it briskly, leaving a minute opening in the cork to admit the air, or at least opening the bottle occasionally. The effect of this red substance, as we have seen, will be to attract the blue elements of the air, and thus to soften the effect of pepper itself. If diluted and shaken briskly, its power will be much in resemblance to that of a purple substance, and if shaken still longer,

perhaps fifteen or twenty minutes in all, the blue potency will begin to predominate. If shaken in the sunlight, the change will take place much more rapidly, and if agitated in the atmosphere of magnetic persons, it will become also very effective as a medicine. Dr. Arthur Lutze, a celebrated homeopath of Germany, who treated multitudes daily, declares that "animal magnetism is the vivifying, efficient power of our potencies." But triturations are now generally performed by machinery, and so may well be considered less effective than if performed in the presence of a magnetic person, though the forces of the ordinary surrounding atmosphere are very potent to heal. A medicine which is shaken or stirred briskly a little while, especially by a magnetic person, before it is given becomes much more effective than it would otherwise be. An improved method of potentizing a fluid drug would be as follows: Dilute the fluid so that it may be thousands of times as weak as before, if you desire, then place it in a glass jar, in the sun, churn it or dash it into a foam by a revolving attachment, meantime opening the jar every few moments to let in fresh supplies of air. The chemical action will be so intense as to potentize it very rapidly. If you wish any special color force, place a colored pane so that its light will cover the jar.

10. Chromo Homeopathy.

Several Homeopathic physicians have found their drugs possessed of a new and remarkable efficiency when color-charged in the sunlight or when combined with color-charged substances. I will here give a few of the important homeopathic medicines and aim to indicate a scientific grade of attenuation, together with the real color forces that should be used in connection with them, according to the foregoing principles. When colored vials can be had, the medicines can be ceruleanized in a blue vial, amberized in an amber vial, and so on with other colors by simply having the vials exposed to sunlight. The first part of the name of a drug can be attached as an affix to the color root itself, thus: *ac* for aconite, *bel* for belladonna, *arsen* for arsenicum, etc., can be added to *rubi* or *cerule* or *amber*, etc., The words *high* or *low* signify that a high or low attenuation of the drug is recommended. Thus the term *ceruleac high* signifies a high attenuation of aconite charged with blue light or combined with a blue-charged substance. *Purpurbel 3*, signifies belladonna raised to the 3d centesimal* attenuation and purpurized. *Amberphas 5 X* signifies phosphorus raised to the 5th decimal attenuation and amberized. Decimal attenuations are generally thoroughly triturated or succussed.

* In homeopathic parlance a 1st centesimal attenuation is one in which only one part of the original drug out of a hundred remains, the other 99 parts being diluted by some other substance; the 2d centesimal retains only a hundredth of the first, or a ten thousandth part of the original drug, etc. When the dilutions are by tens they are called

Purpurac high would be fine for fevers, cholera, etc.

Ceruleac low, say 2X works marvelous cures of diarrhea, gastritis, cancer of the stomach, dysentery, inflamed bowels, insomnia, etc. I suggest the 2d attenuation of the aconite, for, being a poison in its crude state, it would not be wise to get much lower. In this case, too, it would not be wise to have a high attenuation of aconite, for, being fundamentally more on the blue and violet order, its higher power must be somewhat rousing in its character. I prescribe the higher potencies of aconite for fever, because fever heat comes from over-active pulsations of the heart, which latter, comes from a surplus of electricity in the form of carbonic acid sent to the right auricle, on account of the torpidity of the liver. The low attenuation, then, while cooling the blood and seeming to have a direct effect on the fever, would be less fundamental and enduring in its character than the high attenuation, which, by its animating power, would waken the liver into action. *Ceruleo* alone, is remarkable for curing diarrhea and excitable conditions, and *ceruleac low* would not be necessary excepting in violent conditions.

Cerulebel high, belladonna in its crude state, causes a congested brain, eyes and face, an intense throbbing headache, insomnia, sore throat, etc., so that the high dilution of this drug, say, from the 20th upward into hundreds or thousands, if one chooses, would cure these excited conditions, and *ceruleo* would, of course, do the same, hence the great power of *cerulebel high*.

Amberphos low, say 1X, or even 5X. Phosphorus is especially strong in the yellow and yellow-orange of its spectrum, hence, its nerve-rousing character, especially the nerves of the kidneys, sexual organs, brain and respiratory system. In its low attenuations, aided by yellow-orange light, it must be especially animating.

Rubephos low, rousing to both nerves and blood; aphrodisiac.

Cerulephos high, quieting to nerves, brain and sexual system; anaphrodisiac; desirable for spermatorrhea.

Rubefer low (Ferrum, iron): warming; rousing to arterial blood; fine for rheumatism and anaemia.

Purpurfer rather low, say 1X or 2X. Animating, but less exciting than *rubefer low*; fine for inflammatory rheumatism or weak digestive functions.

decimal, the first decimal being styled 1X, the second, 2X, etc. A liquid substance is said to be *diluted*, and it is succussed a while against the air at each dilution. A solid is *trituated i. e.*, agitated, by a grinding process, at each step, into greater refinement. We speak of 1st or 2d *dilution* of liquids, the 1st or 2d *trituration* of solids, or the 1st and 2nd *attenuation* as applied to both solids and liquids.